



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



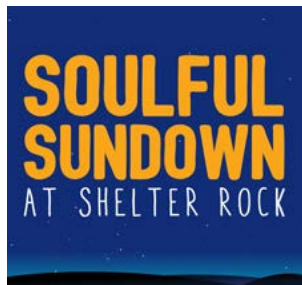
October 8, 2025

Monthly Theme:
**CULTIVATING
COMPASSION**

WORSHIP SERVICES

FRIDAY, OCTOBER 10, 2025, 7:30 PM

Rev. David Carl Olson

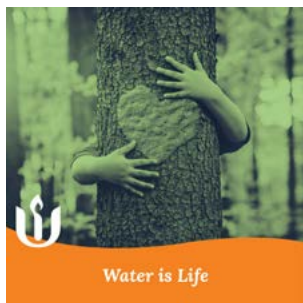


Soulful Sundown Soulful Sundown features an evening of poetry and reflection, led by Rev. David Carl Olson with live music from The Cosmic Orchestra, ONSITE and ONLINE. Special Guest Lisa Sanders joins for an ONSITE-ONLY coffee house/concert afterward. All are welcome. Never a charge!

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 (see also ad on page 7).

SUNDAY, OCTOBER 12, 2025, 11:00 AM

Rev. David Carl Olson



Celebrating Indigenous People's Sunday: "Water is Life" When communities of Native American people began protesting the Dakota Access Pipeline nearly ten years ago, their concerns were for not only the drinking water supply of the Standing Rock Sioux nation, but for their cultural heritage and self-determination. They saw the

protection of waters as a sacred act. Our congregation sees itself as a steward of the aquifer under the land that is our home. We'll consider this morning how our actions express our compassion for the earth itself as well as those peoples who have previously inhabited this land. We'll look for connections among these stories, even as we see connections through the water which covers the whole earth.

TOUCHSTONES

Rev. Dr. Natalie Fenimore



As we consider the theme of "Cultivating Compassion" this October, I was reminded of the Unitarian Universalist General Assembly in 2011, where the Ware Lecture was given by the former Catholic nun, religious scholar, and author, Karen Armstrong. After the lecture, I stood in a fairly long line to get a signed copy of her book, *Twelve Steps to a Compassionate Life*.

In her lecture and book, Armstrong asked us to take these twelve steps:

1. Learn about compassion
2. Look at your own world
3. Have compassion for yourself
4. Embrace empathy
5. Practice mindfulness
6. Take action
7. Consider how little we know
8. Think about how we should speak to others
9. Have concern for everybody
10. Seek knowledge
11. Give recognition
12. Love your enemies

And we can begin by wishing for a better world. Understanding, in Armstrong's words, that, "All faiths insist that compassion is the true test of spirituality and that it brings us into relation with the transcendence we call God, Brahman, Nirvana, or Dao. Each has formulated its own version of what is sometimes called the Golden Rule, 'Do not treat others as you would not like them to treat you,' or in its more positive form, 'Always treat others as you would want to be treated yourself.'"

In her 2011 book, Armstrong writes about the need for compassion because of the imbalance of power and wealth, wars which we seem unable to end or win, and environmental catastrophe. In 2025, we still find ourselves with these painful challenges. Finding our steps—and these are not easy steps—to compassion can be a way of beginning to meet these challenges and to bring about a better world.

WORSHIP SERVICES

continued from page 1

SUNDAY, OCTOBER 19, 2025, 11:00 AM
Rev. David Carl Olson

Blessing of the Animals Sunday: "Ahimsa and Schopenhauer's Poodle" Our interdependence as a human species includes our relationships with many other animal species. In this service of meowing, bow-wow-ing, cheeping, and even human singing, all are invited to bring animals who are able to tolerate the presence of strangers and other animals. We'll also have a special place for photographs and mementos of animals who cannot be with us. And toy animals are welcome as well. Arthur Schopenhauer in the 19th century wrote that, "The assumption that animals are without rights, and the illusion that our treatment of them has no moral significance, is a positively outrageous example of Western crudity and barbarity. Universal compassion is the only guarantee of morality." We gather to bless our animal companions and to thank them for that companionship.

SUNDAY, OCTOBER 26, 2025, 11:00 AM
Rev. Dr. Natalie Fenimore

When We Are Frightened In this season of Halloween, All Souls Day, and Day of the Dead, we are invited to wrestle with our fears and commune with our ancestors. How can being a community of memory and hope lift us from fear? Feel free to attend in costume. The Young People's Choir will sing.

UU ANIMAL MINISTRY

Jill Marcus and Leslee Rabb

UU Congregation at Shelter Rock Animal Ministry

On Sunday, September 21, 2025, the Ethical Eating group served a delicious plant-based Mexican meal that was a big hit. Following that, Leslee Raab and I introduced the UU Animal Ministry. Shelter Rock is now a member congregation of the national UU Animal Ministry with congregations throughout the US and Canada. We started with two actions. The first was a Pet Food/Supplies Drive where members can donate food and supplies. Shelters are overcrowded with returned pets as people struggle to pay bills and feed their families. All donations will go to animal shelters in need. Look for a large bin marked with our name in the Lobby. Any members in need of pet food/supplies, please call Jill Marcus at 516.244.0864 and we will help you. Our second action was a Meatless Monday Pledge where ten members pledged to avoid meat, chicken, fish, and other meats one day a week. Your choice to eat dairy and eggs on that day. We had delicious recipes on the table. Let us know if you'd like to join the Pledge! If you have any questions or need more information about the pledge, please call Jill Marcus and Leslee Raab, and we will be happy to talk! We will have our first meeting in a month or so—look for it in the calendar and *Quest*.

submitted by Jill Marcus

MILESTONES

We congratulate and celebrate... UUCSR members Colin, Latifa, and the Woodhouse family on the marriage of their son Evan Woodhouse to Erika Torregrosa. Erika and Evan were married on Saturday, September 6, in a beautiful ceremony held at UUCSR officiated by Rev. Dr. Natalie M. Fenimore, followed by a cocktail hour and a reception at UUCSR.

The family would like to extend their heartfelt gratitude to Rev. Fenimore and the staff at UUCSR who helped make this a meaningful and unforgettable moment for them. Congratulations can be sent to:

Evan and Erika Woodhouse
4 Wensley Drive
Great Neck, NY 11021



We ask for well wishes... for Maryann Zappulla who is home recovering from Whipple surgery that she had on Tuesday, September 9. She wishes to thank the many from the congregation who have contacted her and offered support.

Cards and messages can be sent to: zappulla@gmail.com.

SUNDAY CAFÉ

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

CHILDREN ONLY \$5 kids' meal:

chicken fingers, mac and cheese, fruit platter

ADULTS \$10:

Oct 12*: roasted chicken, plain penne pasta, grilled vegetables, chicken gravy and butter on the side, tossed salad

*In addition to the regular Sunday Café meal, we will have Mediterranean food for our guests who are viewing the film at 1:00 PM. Lunch is \$10 for a variety of dishes like falafel, tabouleh, fattoush. Sponsored by Social Justice Committee.

Oct 19: sausage and peppers, plain penne pasta, grilled vegetables, butter on the side, tossed salad

All meals include lemonade, unsweetened iced tea, dessert

CARING COMMITTEE

Martha Chimienti, Chair

Seasonal Birthdays Celebration
Sunday, October 19, 2025
12:00–1:00 PM | Social Hall

The Caring Committee will celebrate seasonal birthdays with cake and fruit to celebrate all of those among us born in September, October, and November. Stop by the Social Hall after Service for a sweet treat. All are welcome.



REV. DAVID CARL OLSON
Associate Minister for Congregational Life

Introducing Third Fridays—with Rev. David Carl Olson
“Living a Public Life”—Begins Friday, October 17

UU Minister Rev. Chris Buice created a prayer in the style of the famous Prayer of St. Francis that draws on the recently adopted statement on UU Values:

Make us instruments of your peace.

Where there is indifference may we bring justice.
Where there is selfishness may we bring equity.
Where there is stagnation may we bring transformation.
Where there is homogeneity may we bring pluralism.
Where there is isolation may we bring interdependence.
Where there is greed may we bring generosity.
And where there is hatred may we bring love.

Make us instruments of your peace with love at the center of everything we do.

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, 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.

Tex Sample, in his book, *Micro Practices for Justice Ministry*, speaks of interconnectedness. “This kind of mutuality builds an ethos—establishes healthy, faithful practices—and opens the door for emergent events of another and higher order.” Our “Living a Public Life” series will be about developing that ethos of mutuality. Please come! (See ad on page 8.)

6:30 PM Simple supper
7:15 PM A moment of gratitude, reflection, and song
7:30 PM Workshop with Rev. David Carl Olson

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)
Richard Bock, Chair

DAC will be reviewing the 2025 General Assembly and begin discussing plans for the 2026 event, which will be 100 percent virtual. In addition, we will review plans for the future of the George Kesner Memorial Book Exchange, which has been located in the corner of the Social Hall. Finally, as with other committees, DAC will begin considering items for its two budgets. Congregation members wishing to become involved are asked to contact the chair.

KATERINA DEMBRIS
Director of Operations

Staffing Updates: Welcoming New Roles and Team Members

We are pleased to share some exciting updates to our support team at UUCSR.

Elaine Corrao, a dedicated member of the congregational staff for the past 18 years, has transitioned from her role as front desk receptionist to Committee Assistant. Elaine has long been a steady source of support to members, and we are thrilled she will continue her service in this new capacity. In her role, she is working closely with the Art Committee, Women’s Group, Men’s Group, Green Sanctuary, Bookstore, and Member Events. Elaine remains an invaluable member of our team, and we are grateful for her continued presence and dedication.

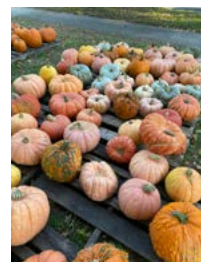
In response to the growing need for onsite technology support, we warmly welcome **Tiai Stewart** to the team. Tiai joins us with extensive experience in the IT field and has already made a significant impact. He collaborates closely with our off-site tech partner and is currently onsite part-time, including on Sundays—so please feel free to introduce yourself when you see him!

We also welcome **Danielle Muñoz**, who has taken on the front desk receptionist role previously held by Elaine. Danielle brings a strong background in customer service and is quickly becoming acquainted with her new responsibilities. We are excited to have her on board and look forward to the warmth and professionalism she brings to the role.

Please join us in celebrating these transitions and in extending a warm welcome to our new and newly placed team members!

PUMPKIN PATCH AT GARDEN CITY

The annual Pumpkin Patch at the Unitarian Universalist Congregation of Central Nassau in Garden City opened Saturday, September 20, and it is open daily through Halloween.



The Pumpkin Patch is a great place for family fun close to home where children can pick out their own pumpkins. The Pumpkin Patch is a fundraiser that benefits the Navajo Nation in New Mexico where the pumpkins are grown. There are also fall flowers, baked goods, Amish pickles and jams, and Halloween decorations for sale.

The Pumpkin Patch at UUCCN is located at 223 Stewart Avenue, Garden City, at the corner of Nassau Blvd. Open weekdays 11:00 AM–6:00 PM, and weekends 10:00 AM–6:00 PM.

SOCIAL JUSTICE COMMITTEE

Shanti Flot, Chair

NO KINGS 2



Saturday, October 18

On October 18, we invite concerned community members and friends of UUCSR to gather for a peaceful demonstration in protest over actions of the current administration at the Nassau County Court House, located at 262 Old Country Road, Mineola.

We will meet at the flagpole in front of the building at 10:30 AM, with the rally beginning at 11:00 AM. Together, we will express our commitment to upholding justice, democracy, and human dignity in our country.

Let's stand united in a call for positive change, respect for the rule of law, and a brighter future for all.

For more information contact Sonia Arora
(sarora@uucsr.org, 516.472.2977)

The Social Justice Committee would like to thank everyone who helped make the International Potluck/Karaoke Fourth Friday event on September 26 a success. To all who donated, cooked, served, sang, danced, and joined in community—a fun time was had by all, and we raised money for the Immigrant community!

Community Food Pantry and Clothing racks located in the hall outside the rear of the kitchen are accessible from sliding doors on the side of the building. Please select what may be useful to you and yours. Paper bags are available on the Food Pantry bottom shelf. Bathrooms may be used to try on clothing.

A cart is located in the main lobby for donations of non-perishable food items (suggested: pasta/sauce, peanut butter, canned tuna, beans, etc.) and now also for food for pets—we have a new UU Animal Ministry. The Shelter Rock UU Animal Ministry is collecting pet food and supplies. Animal shelters are overcrowded with pets returned by people whose budget does not allow them to keep their beloved pets. All donations will go to animal shelters for families who can't afford pet food/supplies. Look for the separate bin marked for pet food/supplies bin. Thank you for your generous donations. (See UU Animal Ministry article on page 2.)

Thanks for the contributions from those who walked the labyrinth on September 21 to celebrate the Autumn Equinox. The Pantry is looking healthy thanks to those who organize and arrange the items on the shelves.

LGBTQ+ SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE

Charlene Greenberg, Chair

Dear LGBTQIA+ Friends, we welcome you to join us at any of our meetings on Tuesday nights via zoom. Check in at 6:30 PM; gather for facilitated conversation at 7:00 PM.

Join Zoom Meeting [HERE](#)

Meeting ID: 883 3817 4041, Passcode: 557032

DATE	LED BY	TOPIC
10/14/25		Open Chat
10/21/25	Roberta Raeburn	Favorite charities
10/28/25	Shanti Flot, WinterFlower Robinson	Halloween Themed

GREEN SANCTUARY COMMITTEE

Jennifer Roth, Chair

Bird Strike Decals: Birds fly at or below the tree line. We put bird strike dot decals on most of our windows at Shelter Rock to prevent birds from being killed flying into glass. These decals have proven to be completely effective. The only exception, the windows in the Worship Room, continue to take a toll. Let's finish the job by having these dot decals on all our windows.

Submitted by Jim Peters

RELIGIOUS EDUCATION (RE)

Rosara Torrisi, Chair

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

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



Registration required—space is limited!

Questions? Contact Carson Jones at
cjones@uucsr.org

LAND MANAGEMENT ECOLOGIST

Agnes P. Cwalina

Transitioning Into Autumn

The weather is rollercoasting and transitioning into the next season. Asters and goldenrods are blooming, grasses are flowering, and leaves are shifting into their autumn hues.

A native shrub that is particularly attractive this time of year is smooth sumac, *Rhus glabra*. With its unique leaning habit and wonky stems, who wouldn't take a second look? And have you seen its dusty pink stems with two-foot-long leaves? The epithet "glabra" refers to its smooth, non-hairy stems. Smooth sumac is found throughout the US, often in sunny, disturbed areas such as forest edges and open fields. It suckers to form colonies, making it a great plant for soil and embankment stabilization, and is frequently used in restoration projects.



Smooth sumac is food for quail, pheasants, wild turkeys, and many songbirds. It is a nectar source for pollinators and a larval host for the red-banded hairstreak butterfly. The plant is used by Indigenous Peoples for its medicinal properties as dermatological, gynecological, and respiratory aids. Ethnobotanically, it is used for ink extracted from the leaves, as well as a paper and textile pigment made from the woody stem.



Look for smooth sumac along the edge of our forest; the most color-changing stand is across from the Chapel entrance. The shrubs are enclosed within a fence to prevent deer and rabbit browsing; the new growth is tasty to these woodland animals! As the plants become established, the enclosures will be removed.

Interested in learning more about a specific plant at UUCSR? Please contact Agnes P. Cwalina at acwalina@uucsr.org to request a write-up.

BOOKSTORE COMMITTEE

Elaine Peters, Chair

New Books and T-shirts

The Bookstore has two new prominent books by popular authors. One is called *Abundance*, by Ezra Klein and Derek Thompson; the other is *Here Comes The Sun*, by Bill McKibben.

We are also offering \$2 off on all T-shirts. They are available in multiple sizes and colors. Some of the themes are: Be The Change, You Light Up My Chalice, Be A Light In The World, Unitarian Universalist, Side With Love, and Make The Circle Bigger.

HEY NEW PARENTS! 4TH TRIMESTER & EMERGING PARENTHOOD GROUP

AT THE UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK
Intergenerational Community and Connection; Tending to Your Family

Wednesdays Beginning October 15
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.



REGISTER HERE

uucsr.org/NewParents25



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

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

Questions? Contact Carson Jones at cjones@uucsr.org

MUSIC AND PERFORMING ARTS COMMITTEE

Ken Hughes, Chair

Explore Music at UUCSR

The Music and Performing Arts Committee would like to invite you to explore music at UUCSR.

The Young Peoples' Choir gives young singers the opportunity to learn music that is shared with the congregation in the Worship Services. Rehearsals are held on Sundays at 10:00 AM. The YPC is directed by George Weisman who can be reached at georgeweisman@gmail.com.

The Jazz Ensemble, under the direction of Dan Pratt, holds rehearsals weekly on Sunday mornings at 9:00 AM. Performances are once per month on average, during Services and at other community events. No previous experience with jazz is necessary. Basic knowledge of reading music and some facility with an instrument is desirable. Shelter Rock Jazz Ensemble is a multigenerational music group open to instrumentalists of all ages! Contact Dan at dpratt@uucsr.org.

The UUCSR Choir is directed by the staff Music Director Stephen Michael Smith and performs at most Services. The choir takes summers off. Rehearsals are every Thursday evening from 7:00–9:00 PM, and Sundays before Services at 10:00 AM. The group is voluntary, supported by professional soprano, alto, tenor, and bass leaders. The choir presents two major events a year with orchestra: the very popular annual community Messiah Sing in December, and Music Sunday, typically in April. Adult members have a wide variety of musical backgrounds and levels of experience. Some choral singing experience and a basic knowledge of music is desirable. For the choir, please contact Stephen at SSmith@uucsr.org.

The Orchestra at Shelter Rock is directed by Stephen Michael Smith and is comprised of a voluntary group of musicians. The group prepares for performances in December, in the spring and again in August. For the orchestra, please contact Stephen at SSmith@uucsr.org.

Please reach out if you have any desire to explore music at UUCSR!

MEN'S GROUP COMMITTEE

Robert Penaskovic, Chair

Parents Night Out Halloween Party

Join the Men's Group for their annual Halloween Party—Parents Night Out!! Have fun, enjoy delicious food, drinks, and dancing. Don't forget to wear a costume and get a \$5 discount, as well as a chance to win a prize in the annual costume contest!

Register [HERE](#). If you have any questions or concerns, please reach out to Elaine Corrao at 516.472.2933 or ecorrao@uucsr.org. PRIOR REGISTRATION REQUIRED. (See back cover for details.)

MUSIC AT SHELTER ROCK

Stephen Michael Smith, Music Director

Musical Events with Nathaniel LaNasa in NYC This Fall

Shelter Rock's pianist, Nathaniel LaNasa, has a busy fall. These events are open to the public:

Sunday, October 5, at 3:00 PM, at The Theater at 150 W 17th: NYFOS Next "The Color of Where You Can Never Go." An afternoon of songs about distance and longing, featuring sopranos Sharon Harms and Emily Finke, mezzo-soprano Devony Smith, and baritone Gregory Feldmann; curated, hosted, and accompanied by Nathaniel. For ticket and more information: <https://nyfos.org/nyfos-next/>

Friday, October 10, at 8:00 PM, at Klavierhaus, 790 11th Ave: A short recital of piano solos, including new works by Matthew Ricketts and Andrew Davis, and works by Mel Bonis, Sergei Rachmaninoff, and Mari Esabel Valverde (Will be livestreamed at <https://www.youtube.com/@Mumeneer>)

Sunday, November 16, at 3:00 PM, at The Theater at 150 W 17th: NYFOS Next "The Many Worlds Interpretation." An afternoon of songs about multiple perspectives and disparate realities, featuring tenor Benjamin Brecher, soprano Susanna Phillips, pianist and composer Michael Stephen Brown, and Nathaniel. For ticket and more information: <https://nyfos.org/nyfos-next/>



22ND ANNUAL
CABARET

AT THE ROCK

with Suzanne Viverito as Artistic Director

Music and Performing Arts Committee presents
Cabaret at the Rock!

Saturday, November 1, 2025
7:00–9:00 PM at UUCSR

Come enjoy an evening of music, dance, refreshments, and more in a nightclub setting as we raise funds for the **Edward Miller Memorial Music Scholarship Fund**.

6:30 PM Doors Open
7:00 PM Show Begins Social Hall

Please Register [HERE](#)
Seating guaranteed to registered prepaid ticket holders only.
\$20 per person—please help make this fundraiser a success!
Handicapped accessible; free parking; air conditioned.

Questions? Please contact Phinu Jose (516.472.2975 or pjose@uucsr.org).

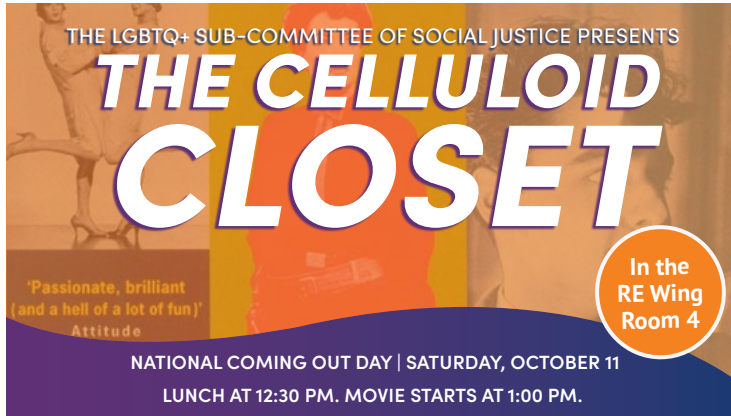
SPECIAL EVENT HIGHLIGHTS

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.



SOULFUL SUNDOWN
AT SHELTER ROCK
WHERE MUSIC RESIDES AT THE HEART OF THE RELIGIOUS EXPERIENCE
FEATURING **REV. DAVID CARL OLSON**
THE COSMIC ORCHESTRA
COFFEE HOUSE/CONCERT ARTIST
LISA SANDERS
FRIDAY, OCTOBER 10 7:30 PM
COME EARLY FOR A LIGHT SUPPER • 6:30 PM • \$5 VOLUNTARY DONATION
Questions? Please contact Committee Assistant Phinu Jose
(pjose@uucsr.org, 516.472.2975)



THE LGBTQ+ SUB-COMMITTEE OF SOCIAL JUSTICE PRESENTS
THE CELLULOID CLOSET
'Passionate, brilliant
(and a hell of a lot of fun)'
Attitude
In the
RE Wing
Room 4
NATIONAL COMING OUT DAY | SATURDAY, OCTOBER 11
LUNCH AT 12:30 PM. MOVIE STARTS AT 1:00 PM.

The Celluloid Closet—National Coming Out Day Documentary:
Sponsored by LGBTQ+ Sub-Committee of Social Justice
Saturday, October 11 | 12:30 PM | RE Wing Room 4
Light Lunch 12:30 PM | Movie 1:00–3:00 PM

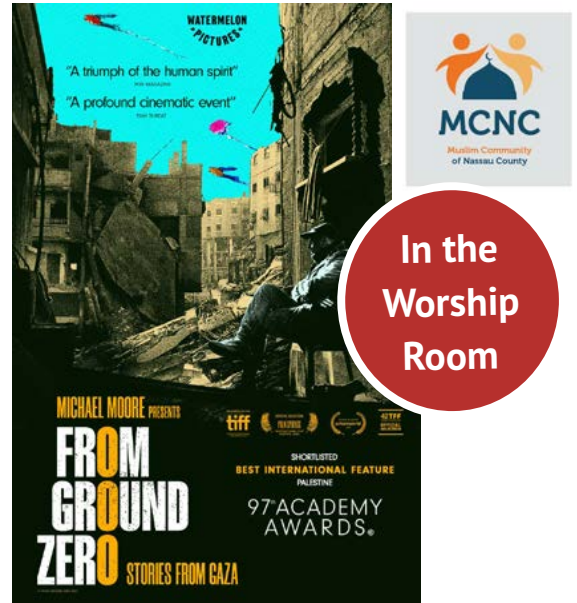
The LGBTQ+ Sub-committee of the Social Justice Committee of UUCSR Justice invites you to spend an afternoon watching *The Celluloid Closet*—a documentary, together with a light lunch and beverages on National Coming Out Day.

The Celluloid Closet is an eye-opening movie that serves up a dazzling hundred-year history of the role LGBTQ had on the silver screen. Based on the 1981 book by Vito Russo, Lily Tomlin narrates the 1995 documentary. The Oscar-winning moviemakers assembled fabulous footage from 120 films showing the changing face of cinema sexuality, from cruel stereotypes to covert love to the activist triumphs. Tom Hanks, Susan Sarandon, Whoopi Goldberg, Tony Curtis, Harvey Fierstein, and Gore Vidal are just a few of the many actors, writers, and commentators who provide funny insights.

All are welcome. No charge. Register [HERE](#). Registration requested. Questions? Please contact Committee Assistant Phinu Jose (pjose@uucsr.org, 516.472.2975) or Sonia Arora, Social Justice Coordinator, (516.472.2977, sarora@uucsr.org).

THE UUCSR RACIAL JUSTICE SUBCOMMITTEE PRESENTS

FROM GROUND ZERO: 22 SHORT FILMS MADE IN GAZA



WATERMELON PICTURES
"A triumph of the human spirit"
"A profound cinematic event"
MCNC
Muslim Community of Nassau County
In the
Worship
Room
MICHAEL MOORE PRESENTS
FROM GROUND ZERO
STORIES FROM GAZA
SHORTLISTED
BEST INTERNATIONAL FEATURE
PALESTINE
97 ACADEMY AWARDS®

Sunday, October 12

Lunch provided at 12:00 PM in Social Hall

Movie starts at 1:00 PM in the Worship Room

We begin with a Middle Eastern lunch (\$10) in the Social Hall at noon. Join us at 1:00 PM for a film screening in the Worship Room followed by a panel discussion moderated by Rev. David Carl Olson and Filmmaker, Mara Ahmed.

**The film is free.
All are welcome.**

REGISTER HERE

uucsr.org/FromGroundZero25

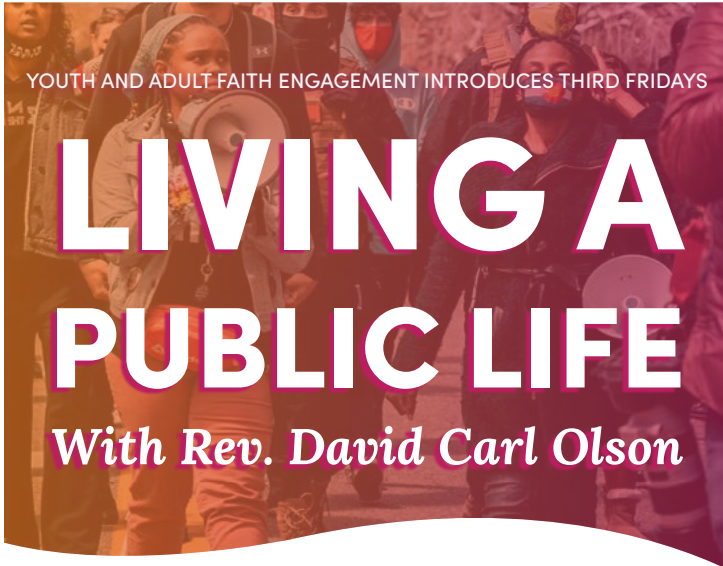
Registration REQUESTED to make meal arrangements.

Questions? Contact Sonia Arora at sarora@uucsr.org

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Third Friday of Each Month Begins Friday, October 17

6:30–9 pm | Social Hall & Art Gallery

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“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

RE HALLOWEEN PARTY!

SATURDAY, OCTOBER 18
6-9 PM IN THE HAUNTED VEATCH MANSION

FAMILY FUN FOR EVERYONE!

FAMILY HALLOWEEN PARTY WITH ACTIVITIES AND DINNER
DRESS IN COSTUME, NOTHING TOO SCARY PLEASE!
\$5 COVER PER PERSON, \$20 PER FAMILY

DJ with Music, Dancing and Games - Halloween Crafts - Haunted Mansion
(Our Haunted Mansion features jump scares. A designated "Lights On, No Scare" time will be offered for those who prefer a less spooky experience.)
Want to join our boo crew? Sign up to volunteer at registration.

REGISTER HERE
uucsr.org/REHalloween25

 **Unitarian Universalist**
Congregation at Shelter Rock
Human. Kind.

Questions? Contact Carson Jones
516.472.2915 or cjones@uucsr.org

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

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MUSIC AND PERFORMING ARTS AT
SHELTER ROCK PRESENTS

JAZZ IN THE AFTERNOON

with The Gotham Kings

Back By Popular Demand!



Sunday, October 19
1:30 PM • Worship Room

Inspired by the music of King Oliver Creole Jazz Band, Gotham Kings uses the virtuosity of the young Louis Armstrong and innovative genius of King Oliver to take you on a journey of sound that encompasses the story of jazz through rags, stomps, shouts, and funk! Band leader Alphonso Horne was recently heard on Broadway playing Louis Armstrong's iconic cornet sound in *A Wonderful World: The Louis Armstrong Musical*.

\$10 in advance/at the door
\$25 maximum for families
18 years old and under FREE

Free Childcare available.

REGISTER HERE
uucsr.org/Jazz25

Reserve tickets in advance to guarantee a seat.
Only prepaid tickets will be guaranteed seating.

Reception for all to follow in the Art Gallery
Questions? Contact Phinu Jose
pjose@uucsr.org

FOURTH FRIDAY

at Shelter Rock

Nourishing Food,
Community Conversation,
and Grounding Ritual

Friday, October 24 • 6:30 PM • Social Hall

October Fourth Friday Presents along with UUCSR's Adult Programs Committee a new program: Interfaith & Multicultural Exploration Initiative!

Finding Your Faith Film Event

We are excited to announce the Adult Programs Interfaith & Multicultural Exploration Initiative! This initiative is a transformative program designed to deepen understanding, celebrate diversity, and create meaningful connections across faiths and cultures. Rooted in UUCSR's mission of inclusivity, spiritual growth, and justice, the Interfaith & Multicultural Exploration Initiative will provide participants with immersive experiences to explore shared values, appreciate cultural differences, and foster unity.

Join us on Friday, October 24, at 6:00 PM, in the Social Hall as we kick off this initiative with the *Finding Your Faith* film screening, at which we will watch a film exploring Unitarian Universalism!

We will have food, fun, and dialogue. Please register so we will have plenty of food.

REGISTER HERE
uucsr.org/25OctFF

Please bring a dessert (enough to feed 8) to share!

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



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

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.

Sundays, November 16, December 21 | 1:00–3:00 PM

UUCSR Lawn, Meadow, Patio, Pond Area

Silent Book Club

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

Mondays | 9:00 AM | via Zoom

Qigong for Balance and Self-Empowerment

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

First Mondays | 6:30–8:00 PM | Zoom

Small Group Ministry

led by Winterflower Robinson

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

Third Mondays | 10:00 AM | Via Zoom

Care for the Caregiver

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

Tuesdays | 9:15 AM | Veatch Ballroom

Awaken Your Body, Ignite Your Spirit with Leyla Hoell

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

Four Tuesdays, October 21, 28; November 4, 18 | 10:00–11:00 AM Art Gallery

Harnessing the Healing Power of the Vagus Nerve for Greater Health and Wellbeing with Dr. Fern Engelson

Fee for 4-class series: UU Members: \$54; Non-members: \$72. 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](#). Questions? Please contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator, (jwalowitz@uucsr.org or 516.472.2943).

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

Gatherings with LGBTQ+ Friends

The LGBTQ+ Sub-Committee Gatherings are not just for Queer folk—the + includes friends, allies, and parents. Check in at 6:30 PM; gather for facilitated conversation at 7:00 PM. (See page 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. The format is simple. At the first gathering of the month there is a discussion about current events. On the third gathering of the month, a specific topic is discussed. Listen, learn, share information, and talk about individual stories while bonding with each other and having fun. You can meet onsite in the Office Conference Room or join the discussion from your home on Zoom. Visit [HERE](#) for details. Questions? Please contact 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.

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

Wednesdays | 2:00 PM | via Zoom

Wednesday Afternoon Conversation

Seeking an opportunity for spiritual deepening in a supportive setting? We invite you to Wednesday Conversations where we explore a poem or reading for reflection, sharing, and listening. This month's theme is *Cultivating Compassion*.

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.

Thursdays | 11:00 AM | Hadley House

Medical Qigong for Senior Health—Fall 2025

led by Ashley Baldwin

October 9, and 16

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

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

October 17: *Long Island Compromise*, by Taffy Brodesser-Akner, discussion led by Patti Paris. *Long Island Compromise* spans the entirety of one family's history, winding through decades and generations, all the way to the outrageous present, and confronting the mainstays of American Jewish life: tradition, the pursuit of success, the terror of history, fear of the future, old wives' tales, evil eyes, ambition, achievement, boredom, dybbuks, inheritance, pyramid schemes, right-wing capitalists, beta-blockers, psychics, and the mostly unspoken love and shared experience that unite a family forever. 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

October 17: *The Penguin Lessons*, A disillusioned Englishman who goes to work in a school in a divided Argentina in 1976 finds his life transformed when he rescues an orphaned penguin from the beach.

October 24: *And Breathe Normally*, An Icelandic film—An Icelandic single mother struggling with poverty and a Guinea-Bissauan asylum seeker facing deportation find their lives unexpectedly intertwined.

Visit [HERE](#) for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

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

Yoga For All Levels, led by Mia

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

Once Monthly Saturday | October 25 | 9:00 AM–6:00 PM

Veatch Ballroom

Zazenkai—Inisfada Long Island Zen All-Day Meditation

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

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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

Lead Minister and Minister of Lifespan Religious Education

Rev. Dr. Natalie M. Fenimore (nfenimore@uucsr.org)

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

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Sonia Arora (sarora@uucsr.org)

Officers of the Congregation

President: Aimee Vella Ripley

Vice President: Paul Carbone

Secretary: Claudia Barbey

Treasurer: Moin Haque

Members of the Board of Trustees

Carole Alexander Dana Gumb

Arnold Babel Larry Hass

Riki Birk

October 8, 2025

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, October 22, 2025 | Deadline for Content: Tuesday, October 14, 2025

PRESENTED BY THE UUCSR MEN'S GROUP

PARENTS' NIGHT OUT HALLOWEEN PARTY

SATURDAY, OCTOBER 25
6-9 PM • UUCSR SOCIAL HALL

DJ • DRINKS (BEER, WINE, SODA)
CATERED DINNER • COSTUME CONTEST

\$35 PER PERSON WITHOUT A COSTUME
\$30 PER PERSON WITH A COSTUME
REGISTRATION IS REQUIRED.



SCAN HERE FOR
MORE INFORMATION



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48 Shelter Rock Rd, Manhasset, NY 11030

ADULT PROGRAMS PRESENTS

INTRODUCTION TO EXPRESSIVE WRITING

with Patricia B...

CANCELLED

uucsr.org/25IntroExpressive



Sunday, October 26 | 1:00-2:30 PM
RE Room 15

Questions? Contact Jamie Walowitz
(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 volunteers Claire Z. Bock and Jessica K. Vega. Submissions: communications@uucsr.org. *Quest* may include content that does not necessarily reflect official policy.