



The Quest

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

We aspire to be a loving religious community where we can grow spiritually and build a more just and joyful world.

—UUCSR Vision Statement

Spirituality, Community, and Being of Service

—from the UUCSR Strategic Plan



September 11, 2026

**Monthly Theme:
HOME**

WORSHIP SERVICES

SUNDAY, SEPTEMBER 13, 2026, 11:00 AM

Rev. Dr. Elaine Beth Peresluha

The High Holy Days Description will be announced later.

SUNDAY, SEPTEMBER 20, 2026, 11:00 AM

UUCSR Ministers

Annual Ingathering and Water Communion We gather again as a congregation for our annual Ingathering and Water Communion. Wherever your summer has taken you—a lake in the Adirondacks, a family kitchen sink, the harbor at the end of your street—we invite you to bring a small amount of water with you that morning. A few ounces in a jar or bottle is plenty.

We will bless the waters together and pour them into one vessel. You are not asked to speak, only to come forward and add what you have brought. The place your water came from can stay your own, held quietly as you pour, and it will be part of the whole all the same.

If you forget, water will be available so that everyone can take part. We look forward to gathering with you.

Welcome Home Picnic immediately following the Worship Service. See pages 10 and 11 for all details.

SUNDAY, SEPTEMBER 27, 2026, 11:00 AM

Rev. Meagan Henry

Telling the Bees: Blessings for Backpacks and New Beginnings

September is a threshold. The children prepare their school backpacks, the congregational program year begins again, and this year we begin it in a season of transition of our own. We gather to bless the ones who are setting out, and to ask what kind of hive we want to be. Everyone present will receive something small to carry through the year, a reminder that no one here is left to do it alone. Bring the children, bring the backpacks, bring whatever you carry, the purse, the shoulder bag, the well-used canvas tote.

TOUCHSTONES

Rev. Meagan Henry



Every September, UUs around the country do something that almost no other religious community does. We carry water into the sanctuary, a little at a time, and we pour it together into one bowl. Some of it comes from oceans and lakes visited over the summer. Some of it comes from a kitchen tap in Manhasset, Port Washington, or Great Neck. Some of it comes from a hospital room, a graveside, or a bedside where

someone sat up through the night. All of it goes into the same bowl, and by the end of the service, we cannot tell one water from another.

We call it Water Communion, and it is a uniquely Unitarian Universalist ritual. It was created by Unitarian Universalist women within living memory, and the meaning of the ritual lives in its origins.

In 1980, the Women and Religion movement within our Association gathered for a continental convocation in East Lansing, Michigan. Three years earlier, the General Assembly had passed the Women and Religion Resolution, calling on Unitarian Universalists to examine the ways our language, leadership, and worship had excluded and diminished women. The convocation was one of the places where that examination became lived practice. Its theme was Coming Home Like Rivers to the Sea. Two of the gathered women, Carolyn McDade and Lucile Schuck Longview, designed a worship service for the closing of that gathering. Carolyn McDade is the same woman who wrote “Spirit of Life,” a hymn many of us know by heart. Lucile Longview was a lay leader who had spent years pressing our movement to take women’s religious experience seriously.

They asked each participant to bring water from a place that held meaning for her and to pour it into a common vessel while saying something about where it came from. The water was meant to carry stories of struggle and endurance, of the places where women had drawn strength, and of the work of justice that was far from finished. When the waters were poured together, they

Touchstones continues on page 2

MILESTONES

We ask for continued well wishes...for Sandra Frank, who is now home after her recent hospitalization and time in rehab after being ill with pneumonia. Sandra would like to thank all who have already reached out to her. She sends the following note: "One million thanks would not be enough to thank those of you who reached out to me during my recent illness. Thank you for your time, caring, and support. With sincere gratitude." For those of you who would like to send Sandra a note while she continues to recuperate, please send it to:

*Sandra Frank
464 Main Street, Apt. 310
Port Washington, NY 11050*

Get well wishes are requested...for Marvin Brown, who suffered a stroke in early August. Marvin was in the hospital for some time but is now in acute rehabilitation at Meadowbrook Care Acute Rehabilitation Center. Marvin would love cards, phone calls, and visits.

*Marvin Brown
Meadowbrook Care Acute Rehabilitation Center
Room 103B
320 W. Merrick Road
Freeport, NY 11520
516.909.6035*

UUCSR Members are being invited to a Memorial for Judith Wylie-Rosett on Wednesday, September 23, at 2:00 PM, in Lubin Dining Hall at Albert Einstein College of Medicine. Please arrive by 1:30 PM to allow time for parking and check-in at the main Security Desk in the lobby of the Forchheimer Building. Please bring a photo ID with you for check-in. You will be directed to the Lubin Dining Hall, a five-minute walk. Light refreshments will be served following the memorial program. Please RSVP if you plan to attend [HERE](#).

*Albert Einstein College of Medicine
Forchheimer Building
1300 Morris Park Avenue
Bronx, NY 10461
Security Desk: 718-430-2019*

Use the following parking lot:

*Kwik Parking Lot
1975 Eastchester Road
Bronx, NY 10461*

Parking fees apply

If you have any difficulty finding the event when you arrive, please contact Celeste Broquadio at 347.495.5714.

TOUCHSTONES

continued from page 1

became a single body, stronger than any one source, and the women carried some of it home with them as a sign that they were not alone.

Over the following decades, congregations across the continent adopted the ritual and moved it to the beginning of the program year, and it became the way we regather after summer. The ritual was made to hold the whole of a life: the joyful and the hard, the summer beach and the summer sorrow. When we pour our water, we are invited to bring all of it.

There is a second meaning in the pouring that speaks to where we are as a congregation this fall. Water Communion is a ritual of regathering, but it is also a ritual of becoming something new together. The bowl at the end of the service contains one water, changed by everything that went into it. Each of us arrives carrying a particular story, and each of us leaves as part of a larger one.

Elsewhere in this issue, you will read about changes to our religious education program and meet Jessica Hess, who joins us as our first Director of Lifespan Religious Education. New people are arriving with new water. Some of what we have long done is being poured out and gathered again in a new form. This is what a living tradition looks like.

When the pouring is done, we will bless the water together as a community, and it will become our community's holy water. We will keep it throughout the year and use it for the blessing of babies and children and for other rites of passage. The water we bring in September will touch the newest among us months from now. What a fitting image for the work ahead of us. What we pour in now, we will draw on later.

So bring your water. Bring it from the sea, the sink, or the garden hose. Bring the water of a good summer or a difficult one. Bring the water of grief, relief, a decision finally made, or a question still open. Whatever you carry, there is room for it in the bowl, and there is room for you in this congregation as we begin the year together.

In faith,
Rev. Meagan Henry

SUNDAY CAFÉ

Social Hall | Following Sunday Morning Worship Service

ADULTS \$10:

New menu each week, includes tossed salad and dessert
Vegetarian and vegan options are always available

CHILDREN ONLY \$5 kids' meal:

chicken fingers, mac and cheese, fruit platter

All meals include lemonade, unsweetened iced tea, dessert

INTERIM LEAD MINISTER

Rev. Dr. Elaine Beth Peresluha



In the Middle

Much Metta

You may have noticed that I sign my correspondence with a praying hands emoji. In Sanskrit, palm-to-palm hands is the greeting gesture communicating *namaste* or *metta*. My palm-to-palm emoji sends much metta to close each correspondence, each electronic connection.

Metta, like so many Sanskrit and Pali words, is hard to translate into one English word. Our language lacks a single word to convey the deep spiritual meaning expressed by a single Sanskrit word. Metta communicates loving-kindness, friendliness, goodwill, benevolence, fellowship, concord, inoffensiveness, and non-violence. Metta expresses the strong wish for the welfare and happiness of others. Essentially, metta is an altruistic attitude of love and friendliness, as distinguished from mere amiability based on self-interest. Through metta, one refrains from being offensive and renounces bitterness, resentment, and animosity of any kind. The practice of metta inspires one's life to grow like a tree, useful, generous, and noble, whereby one's entire life becomes a source of joy for all. Google metta for even more appreciation of the practice of metta.

Much metta,
Rev. Elaine

Finding Your Interim Minister

Summer has passed and our church year has officially begun. Here is how to find me during the week:

Monday in the office	8:30 AM-4:30 PM
Tuesday in the office	8:30 AM-4:30 PM
Wednesday working remotely	8:30 AM-4:30 PM
Thursday in the office	8:30 AM-4:30 PM
Friday is my day off	
Saturday	writing/research
Sunday	Worship and meetings as needed

I also make appointments to meet with people at other times. You can reach me at 516.472.2918 or by email: eperesluha@uucsr.org.

See you for our Water Communion and Homecoming on Sunday, September 20!

BOARD OF TRUSTEES

BOARD OF TRUSTEES AGENDAS

Tuesday, September 15, 2026

- 7:00 PM I. Opening Words
- 7:05 PM II. Welcome to Rev. Dr. Elaine Peresluha
- 7:10 PM III. June 2026 Minutes
- 7:15 PM IV. Bylaws Committee
 - Articles VIII and IX Amendments
 - Status Update Article VII (Ministers) and Congregational Resolutions
- 7:40 PM V. Crisis Grants
 - Attack on Science & the Environment
 - Revised Policy Framework
- 8:00 PM VI. CY26 Q4 Financials
 - Royalties Update
- 8:30 PM VII. President's & Administration Reports
 - Key CY27 Congregation Dates
 - CY27 Membership
 - Denominational Relations
 - UUCCN Support Request
 - UUCSR Request for LIAC Financial Information
 - Building Use Leadership Team Update
 - Land Management Leadership Team Update
- 9:00 PM VIII. Good of the Order

Thursday, September 17, 2026

- 7:00 PM I. Opening Words: Ministers
- 7:05 PM II. Motions to Approve Items from September 15 Agenda
 - Article VIII Amendment and Associated Board Policy
 - Article IX Amendment and Associated Board Policy
 - Crisis Grants
- 7:15 PM III. Member Resource Committee
 - CY27 Committee Chair/Member Nominations
- 7:30 PM IV. Board Retreat-Strategic Planning
- 8:00 PM V. Minister's Reports
 - Religious Education Program Redesign
 - Respectful Relationship Team Overview
 - Approval of New Member
 - Member Concern
- 8:30 PM VI. Ministerial Care & Compensation
- 9:00 PM VII. Good of the Order

REV. MEAGAN HENRY

Associate Minister

We Started With the Children

Before there was a building, before there were committees and budgets and all the ordinary work of congregational life, there were parents who wanted their children to be raised in a faith that would honor their questions and encourage their spiritual growth. Everything we have here, as the little book of our congregation's early history (*We Started With the Children*) reminds us, grew out of that first impulse.

A decade ago, we had over 200 children and youth registered in our religious education program, with upwards of 150 present on any given Sunday throughout the year. Today, that number is closer to 40. I share this because a congregation cannot tend what it does not first name. The Board of Trustees has charged me, in collaboration with the Religious Education Committee, with rebuilding this program, and I want you to know what that work looks like. It is worth saying at the outset that a decline of ten years is not undone in one. We should expect this to be the work of a decade, and we should measure it by whether each year is stronger than the last.

We are not simply trying to fill classrooms. We are building something with a shape to it. Our aim is that every child who comes through our doors finds a place to belong, a next step to grow into, and a community that grows alongside them.

That means tending the whole family, not the children alone. Parents arrive here carrying a great deal, and they need what any of us need: friendship, a community that knows them, and honest company for the questions their own lives are asking. A parent who spends every Sunday morning managing logistics and never gets an hour for their own spirit will not stay long and should not have to. So we are working to make sure that the adults who bring their children here find something for themselves as well: time to worship, to think, to be known, and to sit among others who understand what this season of life asks of them.

This program year brings the first steps. We are recommitting ourselves to Our Whole Lives, our comprehensive sexuality education program, so that our young people learn about their bodies and relationships honestly, and in a community that loves them. We are launching a redesigned Coming of Age program, built around the social action work this year's youth told us they hunger for, while holding to the heart of that program, which is the forming of a faith a young person can call their own. We are reimagining Senior Seminar for our high school youth so that it becomes a place where they develop their leadership skills, build connections, and can be themselves while growing spiritually, and so that it is ready to welcome our Coming of Age youth when they arrive. We are beginning a new class designed for children on the autism spectrum because a widening welcome is not an abstraction; it is a room, a teacher, and a plan. We are changing the chapel and worship schedule so children have more time both in the sanctuary with us and in their classrooms with one another. And we are refreshing the nursery and toddler rooms so that the

youngest among us are met with warmth and beauty from their very first Sunday.

We are also rebuilding the team, and here I have good news to share. The congregation has created a new position, Director of Lifespan Religious Education, and after a search that drew six strong applicants, I am glad to introduce Jessica Hess, who joins us on Friday, September 11, as the first person to hold it. Jessica found Unitarian Universalism after the birth of her daughter, signed a membership book in 2004, and over the following decade held nearly every volunteer role her congregation had to offer before deciding that faith formation might be her calling. She has since served five congregations, including All Souls in New York, completed more than a dozen intensive trainings for professional religious educators, been ordained as an Interfaith-InterSpiritual minister, and trained and served as a chaplain, including in hospice. She and her husband, Ron, an artist, share their home with a rescue cat named Tribble, and between them they have six adult children and a growing crop of grandchildren. Jessica has said that faith formation is a lifelong endeavor, for everyone, whatever their age or stage, and that with love at the center, we can journey together in our search for what is true. That is the spirit we hoped to find, and we found it in her. Our RE volunteers will be the first to meet her, at the Welcome Back dinner on the evening of her first day and at the Volunteer Orientation on Saturday, September 12, and the whole congregation will have the chance in the Sundays that follow. We are also restarting the full-time RE Assistant position.

These are significant investments, and they reflect a decision this congregation has made about its own future. They also mean that Carson Jones, the former Lifespan Religious Education Coordinator, is no longer with the congregation. We wish him well in his future endeavors. Change and transformation are constants in our lives, in this faith above all, and they rarely arrive without growing pains. Carson's ten years here live on in the DNA of this program. The same is true of Rev. Natalie's ministry among us, and of every religious educator who has served this congregation over the years. We do not build on empty ground. We build on what they made, and Jessica now builds with us.

Many of us remember what this place felt like when it was full. Children running the halls between services, teenagers gathered in a corner of the lounge, young parents finding one another over coffee, elders who knew every child by name. That was not decoration around the edges of the real congregation. That was the congregation, alive across every age at once.

A community stays vibrant only by tending the families who are with it now, and by making room for the ones still looking for us. Our young families need to find here what those first families found: a place that takes their children seriously and takes them seriously as parents.

We started with the children. We will go on that way.

With blessings for new beginnings, Rev. Meagan Henry

ADAM BARSHAK
Congregation Operations Administrator

A New Generation of Solar Power

This summer, the Congregation completed the replacement of its solar panel system, marking an important milestone in our commitment to environmental stewardship. The original panels served the Congregation well for approximately fifteen years, generating more than 100,000 kilowatt-hours of electricity annually when first installed. Over time, however, production declined as the system aged, and by the end of the 2025–2026 Congregation year, the panels were generating approximately 80,000 kilowatt-hours each year. The new system, which uses newer technology and expands the footprint of the solar array above the Religious Education wing, is expected to generate approximately 200,000 kilowatt-hours annually, more than doubling the output of its predecessor.

The new solar array will not supply all of the electricity needed to support the Congregation, but it will significantly reduce the amount of power purchased from PSEG Long Island. The Congregation uses approximately one million kilowatt-hours of electricity each year, making the additional solar production a meaningful reduction in both utility costs and environmental impact. Because the Congregation uses considerably more electricity than the panels generate, the power produced by the system will be used directly by the Congregation rather than sold back to the electric grid.

The project also places the Congregation among the larger solar installations in Nassau County. Using solar project data compiled by the New York State Energy Research and Development Authority (NYSERDA), only 30 of 413 non-residential solar arrays in Nassau County are expected to produce more than 200,000 kilowatt-hours annually. This places the Congregation's new system within approximately the top eight percent of comparable installations countywide.

Members will soon be able to follow the performance of the new system through a display in the lobby and on our website. These points of information will provide another way to observe the contribution the solar panels are making to the Congregation and track the system's performance over time. As the system begins its first full year of operation, members and visitors will be able to see the ongoing impact of this investment in sustainability.

Cross Currents by Muttontown Art Collective



Art Reception: Sunday, September 20 | 1:00–3:00 PM

Exhibit on display: September 18–October 19, 2026

All are welcome!

ART COMMITTEE
Paul Kopelow, Chair

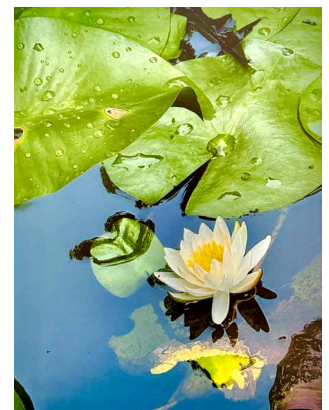
UUCSR is rife with opportunities to commune, participate, advocate, craft, volunteer, dance, sing, and worship. Each year, the Art Committee, currently chaired by Paul Kopelow, takes a closer look at our individual creations at the Intercongregational Art Show.

Consistent with the spirit of the congregation itself, this event does not disappoint but rather lifts us up and opens doors of perception and insight beyond what we customarily encounter. What defines a work of art? Is it subjective or even quantifiable? What causes any of us to create? It happens naturally for some. Visit the gallery, take your time, and take it in. That's another invitation, as there is so much talent to witness.

This year's exhibition runs the gamut—photography, pottery, pastel, acrylic, oil, watercolor, beadwork, and collage. Let's name some names, too, as they consistently produce art on their own, perhaps before this event came into existence. Janet Swinburne's watercolors are so exquisite and poignant, Katy Schall has the hands of a master, Carolyn Jacobson's pottery is rich with dimension, and Russell Koutrouby's photography takes us to SoHo, at a minimum.

There are so many other people who participated this year. Please visit the gallery through Monday, September 14, while it's all still up. Thank you.

Submitted by Jennifer S. Roth, Art Committee



SOCIAL JUSTICE COMMITTEE

Sonia Arora, Social Justice Coordinator

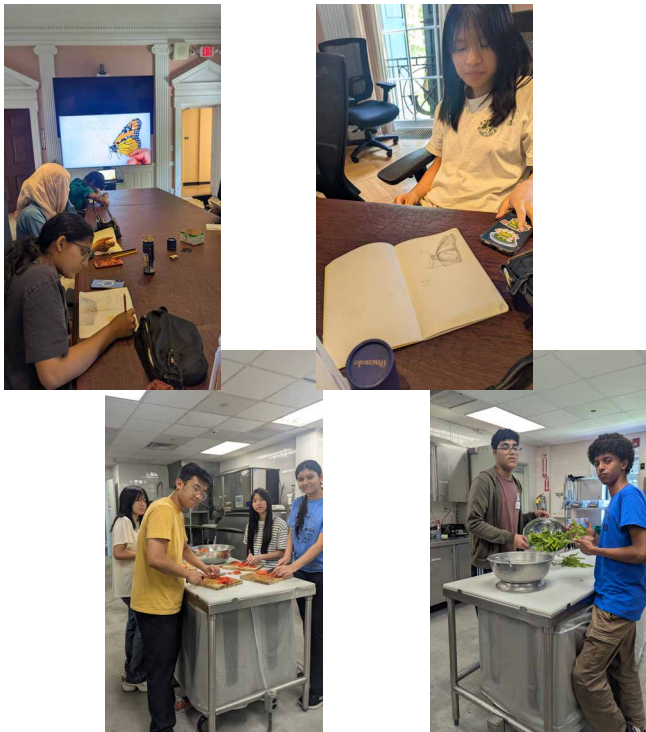
This summer, the Social Justice Committee, in collaboration with Shelter Rock's Land Management Ecologist, Agnes P. Cwalina, welcomed students from ReWild Long Island's summer program to Shelter Rock. The hands-on program invites young people to explore how to nurture biodiversity by planting native flowers and trees and caring for the ecosystems around them. Shelter Rock is one of several sites where students learn to tend the land, in addition to the Science Museum of Long Island and Dodge Homestead.

High school students worked with Agnes, Dana Gumb, and Chuck Fenimore, learning about forest management in the early morning hours. Later in the morning, they shifted their attention to the creative side of nature, sketching flowers, butterflies, and birds in their nature journals and preparing healthy vegetarian meals.

Sonia Arora, Social Justice Coordinator, and Sidney Lopez, Committee Assistant, joined the students in observing and sketching the natural world around them. Together, the group learned the basics of pollination, practiced identifying native plants such as bee balm, coneflower, and partridge pea, and considered how ecosystems seek balance and interdependence.

And, of course, there is only so much time an active teenager can spend contemplating nature before hunger strikes! The students learned about the importance of preparing healthy, plant-based meals and then put that knowledge into practice, chopping vegetables and making pasta and stir-fry. They even cooled off with refreshing smoothies.

The program, in its sixth year, offered students a chance to experience the land not simply as a place to visit but as a living ecosystem to observe, understand, and nourish.



LAND MANAGEMENT ECOLOGIST

Agnes P. Cwalina

Hosting ReWild Youth for a Sixth Year

This summer was Shelter Rock's sixth year hosting the [ReWild Summer Program](#) for high school-aged youth. Through a collaboration between the Social Justice Coordinator and the Land Management Ecologist, and with support from the Committee Assistants, we expanded our UUCSR offering to two sessions: Forest Ecology and Nature Journaling.

During the Forest Ecology sessions, we focused on beautifying the sitting area behind the pond, just past the edge of the forest, as well as learning about the forest. Our goal was to make a welcoming space through delineating the walking trail, clearing the area of debris and unwanted plants, planting shrubs and trees, as well as making art. At the same time, we learned about critters living under logs, pests causing damage, and how to be safe amongst poison ivy.

By concentrating on one section of the vast forest, our impact was intentional and noticeable; cultivating this relationship throughout the summer allowed the youth to take ownership of the space and expanded their appreciation for land stewardship. Visit the [UUCSR Instagram](#) for videos created by Clara Wolf, one of the ReWild youth, for a peek at her experience. You are invited to take a walk to the pond and walk the trail. Let us know what you think!

Many thanks to our dedicated congregant volunteers, Chuck Fenimore and Dana Gumb, who supported our youth in the Forest Ecology sessions.

Contact Agnes P. Cwalina, our Land Management Ecologist, with comments at ACwalina@uucsr.org.



GREEN SANCTUARY

Jennifer S. Roth, Chair

The summer has entered a final phase. Plants have gone to seed, and the cooler fronts are arriving with a kind breeze to carry the seeds forward in their evolution. The journey with Mother Earth can be exquisite and cruel, unfortunately. The planet is still carrying the burden and imperative of climate justice. Climate justice is defined as both a social and human rights issue, which revolves around the concept that those who suffer the consequences of climate change are often not directly linked to the damage incurred and hence suffer human rights violations.

There are inequities in the system itself whereby wealthy countries and corporations are bypassing inevitable consequences that less privileged communities endure. Extreme weather conditions and anomalies often affect these very same communities first. Climate justice includes how local infrastructures are affected by big decision-makers, legislation, and lobbyists, to put it politely. Pardon the pun, but it all trickles down.

The recent flood in Nepal is linked to global warming, according to NPR and other major climate news sources. In essence, the warming shifted a glacier, creating a seismic event that resembled an earthquake. The number of fatalities is climbing rapidly five days later. A woman from Roslyn Heights who was walking with her meditation group is still unaccounted for. Climate justice is global and local all at once. The best we can do is cultivate our own practice of responsibility while also realizing that it has never been easier to become an activist. Below is a list of climate justice organizations:

Climate Justice Alliance, Earthjustice, Food & Water Watch, 350.org, Indigenous Environmental Network, We Act for Environmental Justice, and Climate Action Network.

Look into it. Your voice and vote mean something.

On a lighter communal note, the Green Sanctuary Committee led the charge in its first participation in The Longest Table, thanks to some amazing folks from the Sid Jacobson JCC and other local social leaders, including some politicians for good measure. The concept was born in Brooklyn on a simple street during the early post-pandemic years. Essentially, it's a potluck dinner with a run-on table! Green Sanctuary hopes to start its own "Kind of Long Table" sometime soon. It's great for building community.



RE VOLUNTEER TEACHERS NEEDED!

SEPTEMBER – JUNE | ORIENTATION: SEPTEMBER 12

We're looking for volunteer teachers for our Religious Education program, September through June. You'll work as part of a teaching team alongside other RE volunteers, with a team meeting with Rev. Meagan before the program year begins and an RE Volunteer Orientation on September 12.

Join us for this fun and rewarding experience, and be part of learning and growing alongside our amazing children and youth.

If you're interested,
please contact Rev. Meagan at
mhenry@uucsr.org



Staff Work Anniversaries September

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

George Weisman, RE Music Director
Celebrating 14 years on September 4

Joan Minieri, Executive Director for the Veatch Program
Celebrating 10 years on September 12

Brian Jeffers, Tenor Section Leader/Soloist
Celebrating 3 years on September 14

Katerina Dembris, Director of Operations
Celebrating 2 years on September 15

Leah Holbreich, Alto Sectional Leader/Soloist
Celebrating 8 years on September 16

Evan Hyde, Percussionist
Celebrating 3 years on September 17

William Huyler, Bass Section Leader/Soloist
Celebrating 2 years on September 19

MUSIC AT SHELTER ROCK

Stephen Michael Smith, Music Director

A New Season of Making Music Together At Shelter Rock

As we move toward Homecoming, we are gearing up for a new season of musical activities at Shelter Rock. Choir rehearsals will resume on Thursday, September 17, from 7:00–9:00 PM, in the Worship Room, and the UUCSR Jazz Ensemble will resume its rehearsals with Alphonso Horne on Sunday, September 20, at 9:00 PM, in the Ensemble Rehearsal Room.

September is an ideal time for new members to join. No auditions are necessary—just show up with your instrument (this is pretty easy for you singers) and be ready to start your musical journey with us. Come explore your musical self and share the joy and fulfillment of making music together. Please contact Music Director Stephen Michael Smith (ssmith@uucsr.org) with any questions.

Leonard Bernstein on making music together: “The joy... is that we breathe together. It’s like a love experience.”



REBECCA FOLSOM CONCERT

Sunday, October 4 | 1–2:15 PM | Worship Room

Reception to follow in the Art Gallery
\$10 suggested donation | \$20 maximum for families
Under 18 years old FREE | Childcare Available

CABARET AT THE ROCK

Saturday, November 7 | 7–9 PM | Social Hall

\$20 | Fundraiser for Edward Miller Memorial Scholarship Fund

CHAMBER MUSIC AT SHELTER ROCK:

NATHANIEL LANASA & FRIENDS

Sunday, November 8 | 1:30–2:45 PM | Worship Room

Reception to follow in the Art Gallery
\$10 suggested donation | \$20 maximum for families
Under 18 years old FREE | Childcare Available

MESSIAH SING

Sunday, December 6 | 1:30–3 PM | Worship Room

Reception to follow in the Art Gallery
\$5 Maximum | \$10 for families
Under 18 years old FREE | Childcare Available

To reserve a seat contact Jamie Walowitz
at jwalowitz@uucsr.org or 516.472.2943
Free Parking Provided

BOOKSTORE COMMITTEE

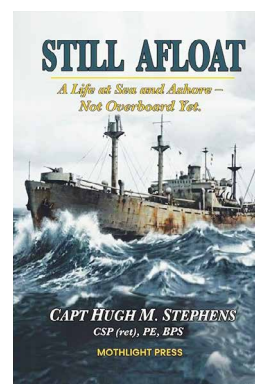
Lorraine Shiff, Chair

Under New Management

A heartfelt thanks to Elaine Peters for her leadership during the previous two years, and a warm welcome to incoming chair, Lorraine Miracolo Shiff, as she accepts the baton from Elaine.

The first order of business will be the sponsoring of a book presentation on Sunday, October 18, at 1:15 PM in the (children’s) Chapel

Maryann Zappulla, loving companion and life partner of Captain Hugh Stephens, shall be sharing his memoir, *Still Afloat: A Life at Sea and Ashore—Not Overboard Yet*, with the Congregation. Sadly, Hugh passed away earlier this summer at the tender age of 102! However, he was able to see that the book got published.



The Bookstore and Gift Shop has a number of books published by Shelter Rock member/authors who will be given the opportunity to have their work spotlighted.

We have lots of new books and gift items for sale. One of the new items is Good Trouble Umbrellas. These umbrellas are made by Joy Field, owner of Good Trouble Umbrellas. It is a local company that she started after creating umbrellas as multi-paneled signs for a rainy protest. Joy wanted to ensure they could stand out in the rain or sun during protests.

Please stop by and drop in on any Sunday after Service, beginning at 12:00 noon, to browse, schmooze, and stay awhile.

Submitted by Shanti Flot, Bookstore Committee Member

UUCSR PROGRAM HOURS

Monday, Tuesday, Wednesday,	9:00 AM–4:30 PM
Saturday	
Thursday, Friday	9:00 AM–9:00 PM
Sunday	9:00 AM–3:00 PM

Hours may vary based upon special programming or other considerations. Daily property hours are available at uucsr.org/calendar. Online programming via Zoom or other teleconferencing service may occur outside of normal property hours.

MEN'S GROUP

Bernie Fitzgerald, Chair

Science Discussion Network—Summer Discussions Sundays After Services | Art Gallery

September 13: "Climate Change: Are We Doing the Right Things?"

The heatwave and storms this summer brought climate change to the front of mind for many. Do we have the right solutions? Are we solving one problem only to create another? UUCSR member Rick Shaper will lead an exploration of these ideas. Grab your lunch and join us for the last of our informal summer science discussions.

Look for future interesting and provocative science discussions, including:

- **October 11: "How Declining Birthrates Are Reshaping Our Future"** Is this a normal cycle or an existential problem affecting our economy, workforce, healthcare, etc.?
- **November 22: "Mapping the Deep" (Co-sponsored with Green Sanctuary)** Learn about the history and fragile current state of Long Island's aquifers from hydrologist Marty Rowland. Registration information to come.

Contact Elaine Corrao at 516.472.2933 or ecorrao@uucsr.org for information or to be added to the email list.

No matter your level of science knowledge, there's a place for you in the Science Discussion Network at UUCSR.

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
9/15	Joanna Augugliaro	Have you ever volunteered to do something, only to find that when the time came, you either couldn't or didn't follow through? How did you handle it afterward? Did you lie about it, be honest and admit what happened, or do it grudgingly even though you really didn't want to?
9/22	Roberta Raeburn	Today is the autumnal equinox. Do you do anything special during this fall season or do you prefer another season.

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

with the support of Rev. Meagan Henry

Multigenerational Pilgrimage to Transylvania

April 22–May 1, 2027

Reserve your spot today.

UUCSR's Denominational Affairs Committee (DAC), with the support of Rev. Meagan Henry, is planning a Multigenerational Pilgrimage to Transylvania over Spring Break 2027, from Thursday, April 22 through Saturday, May 1.

Transylvania is the birthplace of Unitarianism. In 1568, the Edict of Torda proclaimed the first known guarantee of religious freedom in Christian Europe. Led by the theologian, Ferenc Dávid, this movement affirmed, in the language of its own time, the oneness of God, the Unitarian conviction at the heart of our faith. In time, this joined with the Universalist trust that love excludes no one, and together these two heritages became the Unitarian Universalism practiced today. Our own congregation carries a living connection to this history through our partner church in Csíkszereda, Transylvania.

This journey is an invitation to steep ourselves in the spirituality and identity of Transylvania, to deepen our bond with our shared faith, to come to know the roots of who we are as Unitarian Universalists, and to build bridges between our congregation and our UU siblings in Transylvania.

We want to be clear that this is a pilgrimage. It is an opportunity to deepen our understanding of who we are, to walk the ground where a vital piece of our history began, and to strengthen a living partnership with our siblings in faith. To prepare us for that work, we will gather for a series of learning sessions before we depart, and we will come together again for a follow-up session after we return home, so that what we experience abroad can take root in our life together here.

We warmly and openly welcome families with children. Teens with chaperones who are comfortable traveling are invited to make this pilgrimage alongside us, and we would be glad to have the generations journey together.

In order for you to attend this Pilgrimage, you must register and pay a non-refundable \$500 deposit to reserve your spot by Friday, October 30, 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 until Friday, October 30, 2026.

Questions? If you are interested in this trip and would like to know more, please reach out to Jamie Walowitz, UUCSR's Youth and Adult Faith Engagement Coordinator, at 516.472.2943 or jwalowitz@uucsr.org.

Come to Your Spiritual Home
**WELCOME HOME
PICNIC**



SUNDAY, SEPTEMBER 20

WORSHIP SERVICE 11 AM • FREE PICNIC TO FOLLOW

FREE | All welcome

**Food | Live Music by
The Any Given Sunday Band**

Traditional barbeque foods plus
vegetarian and vegan alternatives.

REGISTER HERE:
uucsr.org/26Picnic



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

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

YOU'RE INVITED! UU HOMECOMING SERVICE & PICNIC

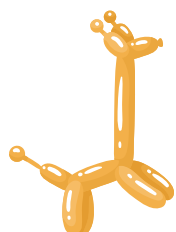
SUNDAY, SEPTEMBER 20 | 11 AM–2 PM

**WORSHIP SERVICE STORY FOR ALL AGES AT 11 AM
WITH A FUN WATER COMMUNION**

AT THE UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK (UUCSR)

Come reconnect, celebrate, and kick off a wonderful new congregational year with food, fellowship, and fun for the whole family! Reconnect with friends, meet new people, and celebrate the start of a new season with an afternoon of food, music, and family fun!

ENJOY FUN FREE KIDS ACTIVITIES!



**LUNCH
BOUNCY HOUSE
FACE PAINTING
BALLOON CREATIONS**

**SPIN ART
LIVE BAND
SNOW CONES
COTTON CANDY**



Bring your family, invite a friend, and join us for an afternoon of great food, live music, fun activities, and community.

EVERYONE IS WELCOME!



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

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

SPECIAL EVENT HIGHLIGHTS

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

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

Harvest the Sun at the UUCSR Meadow

SUNDAY, SEPTEMBER 20 | 10 AM–2 PM

**You are invited to tour
the UUCSR meadow:**
observe the meadow's flora + fauna
create cyanotype prints
enjoy herbal sun tea

**Activities sponsored
by the energy of
Mother Earth & the Sun!**

All ages welcome.



Questions? Contact
Land Management Ecologist,
Agnes P. Cwalina
acwalina@uucsr.org

SPONSORED BY THE UUCSR WOMEN'S GROUP

TGIF: Line Dancing

TGIF

FRIDAY, OCTOBER 2, 2026 • 7 PM • SOCIAL HALL

Presented by Claire Paccione

Have you ever wanted to join the crowd at a party, when everyone was up dancing the Electric Slide or the Cupid Shuffle but didn't because you didn't know the steps? Come join the Women's Group for a fun TGIF where you can learn these simple dances and really enjoy line dancing.

Get ready to move and groove with Claire Paccione as we learn some new dances and practice some old favorites by learning a few basic steps. Put on your dancing shoes (smooth soles) and we'll dance the night away (for at least an hour), and have fun.

Light refreshments will be served.

Professional Childcare available.

Please register for childcare by Friday, September 25.

Please register for the event by Wednesday, September 30
so we can plan refreshments accordingly.

[REGISTER HERE](#)

Questions? Please contact Elaine Corrao
ecorrao@uucsr.org or 516.472.2933

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.

SPONSORED BY THE UUCSR WOMEN'S GROUP

Annual Fall Membership Dinner

"250 American Women"

Saturday, October 3, 2026
6:00 PM • Social Hall

Come join members of the Women's Group for companionship and good food. This year's entertainment features "The Red Hot Mamas," a dance group ranging in age from 55 to 85 years old. They've been kicking up their heels for over 25 years and have a repertoire of over 30 dances. Join us as we enjoy their sophisticated performance and spectacular costumes!

FREE
Membership Dinner for
Renewed Members

Membership Fee: \$30

Non-Women's Group
Members: \$35

REGISTER HERE
uucsr.org/WGDinner26

Register by Wednesday, September 30.
Professional Childcare Available.
Questions? Contact Elaine Corrao.
(ecorrao@uucsr.org or 516.472.2933)

MUSIC & PERFORMING ARTS AT SHELTER ROCK PRESENTS



REBECCA FOLSOM
Folksinger/Activist in Concert

SUNDAY, OCTOBER 4
| 1 PM |
WORSHIP ROOM

Rebecca Folsom is a singer-songwriter known for her powerful voice, emotional depth, and commitment to social change through music.

\$10 | \$20 MAXIMUM FOR FAMILIES
UNDER 18 FREE

Advanced registrations are encouraged;
only persons with advanced registrations
will be guaranteed seating

TICKETS HERE
uucsr.org/26Folsom

To reserve a seat contact
Jamie Walowitz
at jwalowitz@uucsr.org or 516.472.2943

Free Professional Child Care
and Parking Provided.

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

September TBD, October 18, November 22, December 20

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 Caroline Forger at uushelterrocksbc@gmail.com.

First Mondays | 6:30–8:00 PM | ZOOM

Small Group Ministry (Resuming in October)

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.

First and Third Tuesdays Monthly

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

Women Talk Daytime is cancelled for September

Questions? Please contact Elaine Corrao (ecorrao@uucsr.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 9 for more information.)

Six Tuesdays: October 6, 20, 27; November 3, 10, 17

10:00–11:15 AM | Art Gallery at UUCSR (in the Social Hall at UUCSR on October 20)

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 | 9:00–11:00 AM | UUCSR Grounds

Land Stewards

The Land Stewards is an adult volunteer group that tends the native gardens and forest on the UUCSR grounds. This is an opportunity for all experience levels to engage with the outside grounds and learn from each other. We meet on Wednesdays from 9:00–11:00 AM, April through September. Questions? Please contact Agnes P. Cwalina, UUCSR Land Management Ecologist at acwalina@uucsr.org.

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 *Home*. 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 (Resuming in October)

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.

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

Thursdays | 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 | 6:15pm | 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 Health—Fall 2026, led by Ashley Baldwin

Eight Fridays, September 11, 18, 25; October 2, 9, 16, 23, 30

10:45–11:45AM | In-Person in Lounge at Hadley House or on ZOOM

Contribution: \$112/8-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).

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](#).

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 register! Please contact Jamie Walowitz with questions (jwalowitz@uucsr.org or 516.472.2943).

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

September 18: *Emperor of Gladness* by Ocean Vuong

Discussion led by Renee Silver

The story blends personal and historical memory, drawing on Vuong's own experiences in elder care and the service industry, and is set against the backdrop of a town slowly eroding but still holding on to life 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

September 18: *Anatomy of a Fall*. Discussion Led by Mary Lou Nolan. *Anatomy of a Fall* follows a writer accused of her husband's death in a remote French Alps home, with her visually impaired son as the key witness. The story blends a gripping mystery with an intimate dissection of relationships, truth, and perception, set against an unsettling courtroom battle. It's worth watching for Sandra Hüller's acclaimed performance, Justine Triet's precise direction, and its nuanced exploration of justice and bias. Lauded by critics, it won the Palme d'Or, an Oscar for Best Original Screenplay, and multiple César Awards, holding high ratings and strong audience acclaim. Cast: Sandra Hüller, Swann Arlaud, Milo Machado-Graner, Antoine Reinartz. t-watch for fans of smart, outspoken journalism. Visit [HERE](#) for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

Saturday, September 19 | 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](#).

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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

Interim Lead Minister

Rev. Dr. Elaine Beth Peresluha (eperesluha@uucsr.org)

September 11, 2026

Associate Minister for Congregational Life

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

Associate Minister

Rev. Meagan Henry (mhenry@uucsr.org)

Congregation Operations Administrator

Adam Barshak (abarshak@uucsr.org)

Executive Director, Veatch Program

Joan Minieri (joan@veatch.org)

Music Director

Stephen Michael Smith (ssmith@uucsr.org)

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

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, September 23 | Deadline for Content: Tuesday, September 15



23RD ANNUAL CABARET AT THE ROCK

with Suzanne Viverito as Artistic Director

Dress Rehearsal
Friday, November 6, 2026
6 PM–9 PM
Social Hall

Cabaret at the Rock
Saturday, November 7, 2026
7 PM–9 PM
Social Hall

Calling Potential Performers!

Rehearsals will take place every Saturday
in October from 2–5 PM at UUCSR.
(Additional rehearsals will be added on several Wednesday
evenings at Hadley House still to be determined.)

Those dates are as follows:

Saturday, 10/3/26 - Music Rehearsal Room
Saturday, 10/10/26 - Social Hall
Saturday, 10/17/26 - Music Rehearsal Room
Saturday, 10/24/26 - Social Hall
Saturday, 10/31/26 - Social Hall

Please email Suzanne Viverito at suzviv13@gmail.com
to reserve your spot in the show & receive more details!!

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

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.