



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



November 25, 2025

Monthly Theme:
NURTURING
GRATITUDE

WORSHIP SERVICES

SUNDAY, NOVEMBER 30, 2025, 11:00 AM

Student Minister Bryan Bower

Flux and Flow As we start the transitions from November to December, from Thanksgiving to Christmas and Yule, from Autumn toward Winter, and from Gratitude to Hope, the Student Minister offers a reflection on bridging these and other gaps, and on navigating liminal and transitory spaces. How can we hold onto ourselves in the midst of ongoing changes and transformation?

SUNDAY, DECEMBER 7, 2025, 11:00 AM

Rev. Meagan Henry

The Radical Act of Choosing Hope In uncertain times, hope isn't passive optimism or naïve wishful thinking—it's a revolutionary choice to have faith in our collective humanity. We will explore how choosing hope becomes a spiritual practice of trusting in our capacity for growth, compassion, and transformation. Let us consider hope as a commitment to believing in what we can become.

FRIDAY, DECEMBER 12, 2025, 7:30 PM

Rev. Dr. Natalie Fenimore

Soulful Sundown Soulful Sundown features an evening of poetry and reflection, led by Rev. Dr. Natalie Fenimore with live music from The Cosmic Orchestra, ONSITE and ONLINE. Guest artist Morley joins for an ONSITE-ONLY coffee house/concert afterward. All are welcome. Never a charge! Where music resides at the heart of religious experience.

At 6:30 PM, all are welcome to a simple supper prior to Soulful Sundown. A voluntary donation of \$5 covers soup, salad, artisanal bread, cookies, and beverages. Food service ends 7:15 PM.

TOUCHSTONES

Rev. Meagan Henry



Slow down, you move too fast. Got to make the morning last...I'm dappled and drowsy and ready to sleep. Let the morningtime drop all its petals on me. Life, I love you, all is groovy (excerpts from *The 59th St Bridge Song*, by Simon and Garfunkel).

As we enter the winter holiday season, many of us find ourselves swept up in a whirlwind of activities: shopping, decorating, cooking, attending gatherings, and checking off endless to-do lists. The irony is that during a time meant for celebration and connection, we often feel most rushed and disconnected. Yet this is precisely when we most need to slow down and cultivate presence, for it's only in stillness that we can truly experience gratitude. We cannot be grateful for what we're racing past without noticing.

Each morning, I engage in a spiritual practice that I call "coffee meditation." This is my special time of day when I pause to clear my mind and get grounded for the day. I always wanted to be someone who meditated but found it difficult to make it a regular practice until I figured out how to build it into my daily routine.

The secret was linking meditation to something I already loved and did every day: my morning coffee. Now, as the coffee brews, I sit quietly, following my breath and letting thoughts drift by like clouds. The familiar ritual of preparing coffee becomes a gentle anchor, calling me back to the present moment.

What I've discovered is that this simple act of pausing transforms my entire day. In those few minutes of stillness, I'm not planning, worrying, or rehearsing. I'm just here, noticing the warmth of the mug in my hands, the aroma filling the room, the quiet before the day begins. This practice reminds me that presence isn't something we achieve—it's something we return to, again and again.

We live in a culture that glorifies busyness and constant productivity. But there's profound spiritual wisdom in deliberately slowing down.

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Touchstones continues on page 2

WORSHIP SERVICES

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SUNDAY, DECEMBER 14, 2025, 11:00 AM
Rev. Dr. Natalie Fenimore

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

SUNDAY, DECEMBER 21, 2025, 11:00 AM
Rev. David Carl Olson

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

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

Christmas Eve Family Worship Service Christmas Eve Family Worship Service led by Rev. Dr. Natalie Fenimore, Rev. David Carl Olson, Rev. Meagan Henry, and Bryan Bower, Student Minister, with choir, special music, candlelighting, and "Silent Night." Reception and carol-singing to follow. Please bring a dessert to share.

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

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

UUCSR Worship Services are usually both onsite and online on uucsr.org/worship, [Facebook](#), and [YouTube](#). Available thereafter on the same platforms. Onsite, mask wearing is optional.

TOUCHSTONES

continued from page 1

When we pause, we create space for what matters most: connection, gratitude, awareness of the sacred in ordinary moments. We remember that we are human beings, not human doings.

I invite you to find your own version of "coffee meditation" - whatever small ritual might help you pause and return to yourself each day. The practice doesn't need to be perfect or lengthy. Even a few mindful breaths can be a revolutionary act of presence in our hurried world.

May you find moments of stillness and peace this holiday season.
Rev. Meagan

WILDLIFE AT UUCSR

Katerina Dembris, Director of Operations

Special Visitor at UUCSR

A young bald eagle was recently spotted on our property, offering a rare and exciting glimpse of one of North America's most iconic birds. Though juveniles lack the familiar white head and tail of adults, their impressive wingspan and powerful flight are unmistakable. Bald eagles are a symbol of strength and a sign of a healthy ecosystem, so seeing one visiting our area is a wonderful reminder of the wildlife we share our space with.



CONGREGATIONAL AFFAIRS

Adam Barshak, Congregation Operations Administrator

American Heart Association Heartsaver CPR/AED Certification Classes Offered

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



Please register [HERE](https://uucsr.churchcenter.com/registrations/events/3211130).
(<https://uucsr.churchcenter.com/registrations/events/3211130>)

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

BOARD OF TRUSTEES

Congregational Hearing—Veatch Resolution **Monday, December 1, 2025, at 7:00 PM | Online only via Zoom**

An amendment to UUCSR's Veatch Resolution was recently approved by the Board of Trustees as a recommendation to the congregation for consideration. The amendment is anticipated to be brought forth for a vote at a special Congregational Meeting on Sunday, December 14, 2025 (immediately following Worship Service).

Please join online [HERE](#) or via phone.
Dial by your location: 646 931 3860
Meeting ID: 867 3186 1387
Passcode: 338029

Those unable to attend may contact Congregation Operations Administrator Adam Barshak (abarshak@uucsr.org or 516.472.2921) for a recap of the hearing and or obtain a recording of the hearing.

Special Congregational Meeting **Sunday, December 14, 2025, immediately following Worship Service** **12:00 PM | Onsite Worship Room, Online via Zoom**

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

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

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

SUNDAY CAFÉ

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

CHILDREN ONLY \$5 kids' meal:

chicken fingers, mac and cheese, fruit platter

ADULTS \$10:

Nov 30: roasted chicken, plain penne pasta, grilled vegetables, rice with beans and tomatoes, tossed salad, dessert

Dec 7: sausage and peppers, plain penne pasta, grilled vegetables, butter on the side, tossed salad, dessert

All meals include lemonade, unsweetened iced tea, dessert

RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator

Only 6 Mitten Tree Shopping Days Remain! 16 mittens are still unspoken for.

Now through Sunday, November 30 in the Main Lobby

Thank you to everyone who has already selected a mitten (or two, or three, or ten...) for this year's toy drive! Over 190 mittens have been selected, and approximately 16 mittens remain on the tree in the Main Lobby, and you have one guess as to what age range they are for the most part. That's right... TEENAGERS! Yes, yes, we all think that teens are hard to shop for, but you know what? TEENS LOVE GIFT CARDS! If you have yet to purchase a gift, or if you would like to bring another one, please consider donating a gift card so that the youth recipients can pick out what they want most! (Pro tip: Visa gift cards are great gifts since you can use them almost anywhere!)



The beloved tradition of the Mitten Tree holiday gift drive is back, now more inclusive than ever! Based on our observations and your feedback, in partnership with the drive's beneficiary, the AIDS Center of Queens County (ACQC), we have dismantled the binary nature of the Mitten Tree to reflect the growing gender expansiveness of our congregation and the wider world. Each mitten now says, for example, "Bring an unwrapped gift for a 6-year-old" without a pre-determined gender indicated. We are grateful to all of you for using your voices to bring justice to our generosity.

NEW THIS YEAR! ACQC also needs children's clothing in all sizes!
Please donate items to the canvas bin near the Mitten Tree, and thanks so much for the offerings you all have brought in already!

From now until Sunday, November 30, we are collecting unwrapped toys, games, and gift cards to be given as holiday gifts to the families served by the AIDS Center of Queens County (ACQC). This year, we are providing donations to 206 children and youth, ranging from newborns to age 18. Please visit the Mitten Tree in the Main Lobby any day of the week (except for this Thursday and Friday when UUCSR is closed for Thanksgiving) to select mittens labeled with the ages of children you wish to buy gifts for, or please feel free to contact Kimberly Rossiter at retemp@uucsr.org to reserve mittens in advance.

Please bring in your unwrapped gifts labeled with the mittens you chose and place them under the Mitten Tree by no later than Sunday, November 30. We thank you all for including families in need in your holiday shopping!

SOCIAL JUSTICE COMMITTEE

Shanti Flot, Chair



Join the INN Volunteer Cooks Thursday, December 18

Do you like to cook? Please come serve those in need by volunteering to help prepare meals for the INN (Interfaith Nutrition Network) the fourth Thursday of the month. Note, due to the holidays in November and December, cooking will take place on the **third Thursday** of the month. The INN connects and runs food pantries and shelters throughout Long Island for those in need and the homeless.

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

submitted by Leona Handelman

Good Works In Action at UUCSR!



Winter Coat Drive

In this season of Gratitude and Thanksgiving, we offer ways to connect with the wider community and to offer assistance to those in need. As costs rise and government assistance wanes, this winter may be especially difficult for those who must balance their budgets by choosing between food, medical care, and warm clothing. We can help by donating new or gently used coats to our friends at the Manhasset Equal Opportunity Council in the Spinney Hill neighborhood.

Bring coats to the collection bins in the UUCSR Main Lobby from Sunday, November 16–Sunday, November 30.

Questions? Sonia Arora, Social Justice Coordinator (516.472.2977, sarora@uucsr.org).

Community Food Pantry/Clothing Rack

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

Everyone is welcome to participate.

LGBTQ+ SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE

Charlene Greenberg, Chair

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

Join Zoom Meeting [HERE](#)

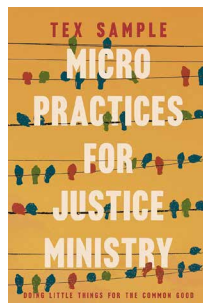
Meeting ID: 883 3817 4041, Passcode: 557032

BOOKSTORE COMMITTEE

Elaine Peters, Chair

Micro Practices Book Available

The bookstore is offering a special book for anyone interested in justice. It is called *Micro Practices for Justice Ministry: Doing Little Things for the Common Good*, by Tex Sample. Pastors from all over the country, including our ministry, promote these ideas and solutions that can benefit everyone. Worthwhile reading!



DATE	LED BY	TOPIC
11/25/25	Charlene Greenberg	Holiday experiences. The good, the bad, the ugly. What would your ideal holiday experience be?
12/2/25	TBD	To be determined
12/9/25	Open Chat	No Topic
12/16/25	Winterflower Robinson	"What's something you've done that scared you—but you're glad you did?"

POINSETTIA DEDICATIONS

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

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



DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair

Have you ever been to a General Assembly? In person? Virtual? Do you know what is involved with sending ten Shelter Rock members to the 2027 General Assembly in San Jose, California? The DAC meeting, scheduled for Tuesday, December 2, at 7:30 PM via Zoom will be putting the finishing touches on our 2026–2027 GA budget. Did we forget anything? Is the airfare one-way or round-trip? Is our meal allowance sufficient given that everything is more expensive these days? Please plan to join the Zoom meeting [HERE](#) and help plan for the future. We will also discuss the ongoing support of our Partner Church and plan for a field trip to visit in the spring of 2026. Come help plan!

Richard Bock, Denominational Affairs Committee Chair

Pilgrimage To Romania

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

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

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

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

submitted by Barry Nobel

LAND MANAGEMENT ECOLOGIST

Agnes P. Cwalina

Why Plants Hold Onto Their Leaves

Autumn is well underway and trees are nearing the end of leaf drop; take time to observe which deciduous plants are dropping their leaves and which are stubbornly holding on. These persistent leaves are marcescent, ones that delay their leaf drop into spring; these include oaks, beeches, hornbeams, and witch hazels. These leaves will brown and wither, however, will remain attached by their petiole.

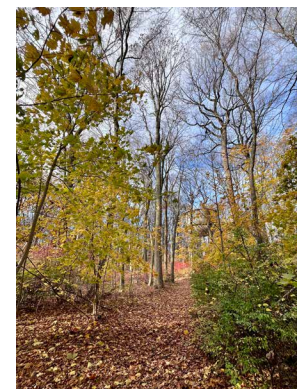
There are several hypotheses why marcescence occurs: to provide animal cover during cold months, to prevent animal browsing by covering young leaf and flower buds, to allow snow accumulation on the leaves and in turn provide additional hydration, or to delay leaf mulch accumulation into spring when new growth will need it the most.

On the other hand, many introduced species also hold onto their leaves, usually staying green into the winter. In turn, allowing these plants to photosynthesize longer than our native species, this permits them to grow when natives have become dormant and expand their hold in soil. Some examples are Norway maple, winged euonymus, multiflora rose, bittersweet, and wineberry.

Next time you go outside, observe which deciduous plants are still holding onto their leaves; are they native and marcescent or introduced to our region? These photos are both from the UUCSR forest, which is a better representative of a native community?



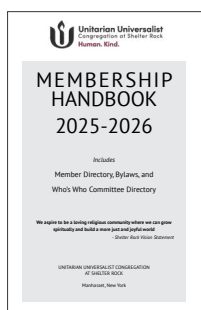
Marcescence, Native



Marcescence, Introduced

Membership Handbooks Are Here!

Membership Handbooks are available at the Welcome Desk. Please limit one Handbook per family and remember to sign for your copy when you pick it up.



ART COMMITTEE

Paul Kopelow, Chair

Pamela Waldroup



Ennid Berger



Paul Mele



FORMS & NARRATIVES by Ennid Berger, Paul Mele, and Pamela Waldroup | Art Gallery

Exhibit is on display through Tuesday, December 2

The Beauty of Long Island

Paintings by

Carol Bruder

Janine Ferranti

Pat Forie

Vivian Hershfield

Terri Idelowitz

Eileen Kelly

Christine Verga Maday

Marianne Reamer

Tim Savage

Linda Shedlock

Ann Tountas

Nancy Wernersbach



The Beauty of Long Island by the Art League of Nassau

Artist's Reception: Sunday, December 14, 2025

1:00 PM | Art Gallery

Exhibit is on display:

Saturday, December 6, 2025–Monday, January 5, 2026

All are welcome!

SPECIAL EVENT HIGHLIGHTS

Listed in chronological order

Additional information at uucsr.org/events

Thanksgiving Meal Together



Prior Registration Required

Thursday, November 27, 2025

11:30 AM–2:30 PM

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

Traditional, vegetarian, and vegan options

BYO beer and wine permitted

All are welcome to the feast!

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

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

Registration closed on Friday, November 21.

However, we still might be able to fit you in.

Please call Sharyn at 516.472.2960 to see if a space is still available.

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

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

A Night of Reiki Healing: Working with the Energy

Presented by Diane Mansell,
UUCSR Member

TGIF

Friday, December 5, 2025
7 PM • Art Gallery

Come join members of the Women's Group as we experience energy exercises, guided meditation and Reiki.

Light refreshments will be served.

Registration is required as there is a limit of 24 participants

Registration Deadline, Wednesday, December 3
Childcare Deadline, Monday, December 1

REGISTER HERE

uucsr.org/TGIF25Reiki

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

THE UUCSR SOCIAL JUSTICE COMMITTEE PRESENTS

DAY TRIP TO HOLOCAUST MEMORIAL & TOLERANCE CENTER

Day Trip to Holocaust Museum and Tolerance Center

Saturday, December 6, 2025 | 1:00 PM

Welwyn Preserve, 100 Crescent Beach Road, Glen Cove, NY 11542

The Social Justice Committee and Racial Justice Sub-Committee of UUCSR invite you to a day trip to the Holocaust Memorial and Tolerance Center of Nassau County in Glen Cove, NY. The Center is devoted to inspiring future generations to build a better, more compassionate world through education. If you would like to carpool from UUCSR, meet at 12:00 noon in the UUCSR parking lot at the front of the main building. If you need a ride, please call Patti Paris at 516.996.5724, or drive yourself and meet for the tour which begins promptly at 1:00 PM. This deeply moving program includes a guided tour through the Museum's six galleries, beginning with a brief history of antisemitism and its lead up to the Second World War, and ending with a look at genocide and intolerance today with a modern perspective by teaching lessons that combat hatred, intolerance and bullying. Please register early and invite friends. Program is free. Register [HERE](https://uucsr.org/events/day-trip-to-holocaust-museum-and-tolerance-center). Questions? Please contact Phinu Jose (pjose@uucsr.org or 516.472.2975).

WOMEN'S GROUP

December Holiday Sale

Sunday, December 7, 2025

9:30–11:00 AM and 12:00–1:30 PM

Social Hall

We need your help to make the Holiday Sale a success! Please bring suitable items such as jewelry, trinkets, gift items, Christmas decorations, household/kitchenware, children's toys, and boxed games for all ages and **leave them in the canvas bin by Sunday, November 30**. On weekdays the bin will be on the Lower Level by the reception desk. On Sundays the bin will be in the Main Lobby.

On December 7, come purchase an unexpected gift and, at the same time, help raise money for a local charity that supports women. Questions? Contact Elaine Corrao (ecorrao@uucsr.org, 516.472.2933).

SPECIAL EVENT HIGHLIGHTS

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

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A Long Island Tradition!

Messiah Sing at Shelter Rock

Sunday, December 7, 2025
1:30 PM

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

with acclaimed soloists

Sarah Moulton Faux, soprano
Leah Wool, mezzo-soprano
AJ Rodriguez, tenor
Billy Huyler, baritone

Nathaniel LaNasa, harpsichord

OPEN TO EVERYONE
\$5 Donation at the door!

VOCAL SCORES PROVIDED
Sing along or simply listen

Online Registrations close on
December 4, 2025.
Seating guaranteed for
registered attendees only

Reception to follow in the
Shelter Rock Art Gallery

REGISTER HERE
uucsr.org/25Sing

Questions? Contact Phinu Jose
pjose@uucsr.org or 516.472.2975

Peace, Love, *and* Dessert with WILLOW

At a mid-Week HOLIDAY EXTRAVAGANZA



Wednesday, December 10, 2025, 7-9 PM

Concert, Home-baked Sweets, and Singalongs

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

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

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

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

RE Holiday Decorations Crafting Party



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

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

REGISTER FOR FREE



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

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.

YOUTH AND ADULT FAITH ENGAGEMENT INTRODUCES THIRD FRIDAYS

LIVING A PUBLIC LIFE

With Rev. David Carl Olson

Third Friday of Each Month

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

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

Mar 20, Apr 17, May 15, Jun 19

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

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

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

REGISTER HERE

uucsr.org/ThirdFridays25

6:30 PM: Complimentary Simple Supper

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

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

THE UUCSR MINISTRY TEAM PRESENTS

PRACTICING EMPATHY

Sunday, December 21

Veatch Library

• 1:00 PM •

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

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

REGISTER HERE

uucsr.org/26EmpathySundays

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

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

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

First Sundays | 9:30–11:00 AM

RE Room 4

Small Group Ministry

led by Catherine Torrillo and Robert Penaskovic

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

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

Small Group Ministry

led by Iris McKenna

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

Sunday, December 21 | 1:00–3:00 PM

UUCSR Lawn, Meadow, Patio, Pond Area

Silent Book Club

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

First Mondays | 6:30–8:00 PM | Zoom

Small Group Ministry

led by Winterflower Robinson

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

Third Mondays | 10:00 AM | Via Zoom

Care for the Caregiver

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

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

Gatherings with LGBTQ+ Friends

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

First and Third Tuesdays Monthly

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

Facilitated by Sandra Frank, Women's Group Board Member. Our format is simple: we start with check-in and move on to an agreed-upon topic for all to discuss, taking turns "going around." Attendees offer their thoughts and ideas to one another, sparking interesting discussions. Besides talking, we listen, learn, and share our individual stories. In the process, we bond with each other and have fun. Your views are welcome during this informal time together. There's much to talk about. Let's be together to share good company and conversation. Do try to attend. You can meet onsite in the Office Conference Room or join the discussion from your home on Zoom. Visit [HERE](#) for details. Questions? Please contact Elaine Corrao (ecorrao@uucsr.org or 516.472.2933).

Third Tuesdays | 10:30 AM | Via Zoom

Living with Cancer, led by Caron Hunter

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

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

Second Wednesdays | 11:00 AM–12:30 PM

Hadley House Community Room

Small Group Ministry led by Deborah Siegel and Lilyan Strassman

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

FIRE SAFETY REMINDER

In case of a fire alarm, please remember the Three Ls:

LOCATE the exits

LEAVE the building immediately

LISTEN for instructions before returning to the building

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

Thursdays | 11:00 AM | Hadley House

Medical Qigong for Senior Health—Fall/Winter 2025

led by Ashley Baldwin

December 4, 11, 18

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

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

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

Thursdays | 6:15 PM Veatch Ballroom

Zazen Meditation—Inisfada Long Island Zen

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

Fridays via Zoom | 12:00 PM

Great Books

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

comprehensive, accurate, and
supportive sexual health education

how sex ed should be

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

December 12



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

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

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

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

Women's Group Online Film Discussion

November 28: *Our Souls At Night*, A tribute to Robert Redford. *Our Souls at Night* is a tribute to Robert Redford, featuring his final role before his passing. The film, directed by Ritesh Batra and adapted from Kent Haruf's novel, reunites Redford and Jane Fonda, who have not co-starred onscreen since 1979. The story revolves around two widowed neighbors who, after years of living next to each other, discover they can form a platonic connection that evolves into a romantic relationship. The film offers a poignant look at the enduring human spirit and the possibility of love in the twilight years of life. Visit [HERE](#) for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

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

Yoga For All Levels, led by Mia

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

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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

Lead Minister and Minister of Lifespan Religious Education

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

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)

Lifespan Religious Education Coordinator

Carson Jones (cjones@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

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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

November 25, 2025

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, December 10, 2025 | Deadline for Content: Tuesday, December 2, 2025

UUCSR 2025 ANNUAL COMMUNITY-BASED HOLIDAY DINNER DRIVE

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

Please donate by
Sunday, December 28

\$25

will provide a roasting chicken for a needy family.



Use QR code above or bring your contribution to worship,
or mail a check to UUCSR, attention Sue Kimler.

Please make checks payable to UUCSR with
"Holiday Meal" on the memo line.

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

New Year's Eve Gala

Wednesday, December 31 | 7:30 PM | Social Hall

**UUCSR invites you to the
biggest party of the year!**

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

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

Comedy and Laughs by Debbie Siegel

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

(Vegetarian and vegan meals available)

Childcare available upon request

Tickets \$55 | Register at uucsr.org/25NYE

Questions? Elaine Corrao
516.472.2933 or ecorrao@uucsr.org

Quest is published twice a month, except once in July and August. Copies are available in the UUCSR Lobbies, <https://uucsr.org/on-demand/quest-newsletter>, and via email at <https://uucsr.org/on-demand>. *Quest* Mission is to connect readers to the Unitarian Universalist Congregation at Shelter Rock, to Unitarian Universalism, and to each other. *Quest* is produced by staff member Linda McCarthy, with the invaluable assistance of member volunteer Jessica K. Vega. **Submissions:** communications@uucsr.org. *Quest* may include content that does not necessarily reflect official policy.