



# 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



February 26, 2026

**Monthly Theme:  
EMBODYING  
RESILIENCE**

## WORSHIP SERVICES

**SUNDAY, MARCH 1, 2026, 11:00 AM**

Rev. Dr. Natalie Fenimore

***My Heart Is Moved By All I Cannot Save*** As we consider the ways in which we embody resilience, let's reflect on the poem by Adrienne Rich: "My heart is moved by all I cannot save: So much has been destroyed. I have cast my lot with those who, age after age, perversely, with no extraordinary power, reconstitute the world." How is our heart moved by what we cannot save? What is it that we can save? In the face of all the troubles before us, how do we continue to be resilient and to reconstitute the world?"

**SUNDAY, MARCH 8, 2026, 11:00 AM**

Rev. Meagan Henry

***The Space Between Awareness and Action*** We know. We see the headlines, feel the weight of the world, and sit with the ache of what needs to change. But knowing is not yet doing, and in that gap, despair loves to take up residence. This Sunday, on International Women's Day, we'll explore what lives in the space between awareness and action: not paralysis, not guilt, but possibility. Drawing on the wisdom of the simple and profound lyric—*my heart is ready AND what am I gonna do?*—we'll sit with that small but mighty word: AND. The hinge between feeling and moving, between grief and agency, between who we are and who we are becoming. Women and femmes throughout history have known this threshold intimately—the moment of seeing clearly and choosing to act anyway, not because the odds were good, but because the heart was ready. Their legacy is a reminder that hope is not a feeling we wait for. It is something we make, together, one step at a time.

**SUNDAY, MARCH 15, 2026, 11:00 AM**

Rev. Dr. Natalie Fenimore

***Sing to the Power*** For Women's History Month, we lift up the power of women and the many ways that women challenge, strive to change and hold up a vision of peace for the world. Rev. Fenimore will be joined by members of the UUCSR Women's Group.

See *Soulful Sundown* on page 2

## TOUCHSTONES

Student Minister Bryan Bower



It sure has been a rough start to the year! Due to the snow and cold, we've had to miss almost half of our Sundays together so far. And with everything else going on in the world, it's a time when having a spiritual home and a religious community to return to and to heal with feels especially important, so its absence is especially striking and deeply felt.

I was already excited to lead February's Soulful Sundown, but I think I enjoyed it all the more for having an extra worship service when so many have been canceled. I told Rev. David later that night that it was both "something different" from a regular church service, but also "not that different" from what many Western Christians call Vespers services. Latin for "evening," it's "esperinos" in Greek (and if you imagine a "V" in front of it you'll see they're very similar words!). Vespers services are simpler prayer services in the evening; for the most part, only Lutherans and Anglicans kept it in their Protestantism, so for anyone else it can feel completely new.

But having seen a few, attended one in person, and now lead one for myself, I can say that Soulful Sundown is still something different. And it's a bit difficult to qualify or quantify what it is that makes it different, but perhaps that's difficult to define because "Soulful Sundown" has no particular definition except that it happens in the evening and has a live band. In the future, you could have it any night of the week, or more than once a month. And everyone who leads it is likely to do it a little bit differently; in fact, it's a chance to do Something Different. I really loved doing it, and if I get another chance to do it before the end of the year I will probably jump at it!

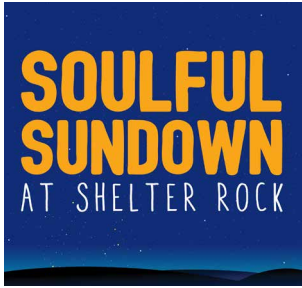
And even though it was after midnight when I got home that night, and Friday was now technically early Saturday, I was still glad to get up early on Sunday to be here in time for our regular worship. For one thing, we had Tyrone Davis, a student from my beloved Union Theological Seminary, as a guest preacher, and it felt like it was "good form" to be on hand to welcome him! But after all the disruptions to our schedules and—more importantly, our time together—it was so wonderful to have a second worship

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## WORSHIP SERVICES

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FRIDAY, MARCH 13, 2026, 7:30 PM  
Rev. Meagan Henry



**Soulful Sundown** The Soulful Sundown in March will be a special “Women’s History Month” edition! In place of the Cosmic Orchestra, we will have a service created by Rev. Henry, ONSITE and ONLINE. Guest musicians Willow Interfaith Choir, Farah Chandu, director, join 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

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service in the same weekend and see so many of you (and some of you, twice!) and to see you seeing each other, too.

From the look of the forecasts, there’s still potentially a little more snow on the horizon, but hopefully we are through the very worst of it—and with any luck, we won’t have to miss any more of our time together on Sundays

Student Minister Bryan Bower

## 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

## REV. DR. NATALIE FENIMORE

Lead Minister and Minister of Lifespan Religious Education

### Black Unitarian Universalist History

This year’s Black History month marks 100 years since historian Carter G. Woodson launched “Negro History Week” in 1926.

Over the century, the observance grew into a month-long celebration. The February date coincides with the birthdays of Frederick Douglass and Abraham Lincoln. The goal of Black History Month is to encourage learning about and honoring the achievements of Black Americans—and to integrate and enfold Black history into what we are told about American history.

While many of our Unitarian Universalist congregations may have few Black members, Black people have long been a part of Unitarian Universalism. I encourage you to explore their stories. Among them are:

**Frances Ellen Watkins Harper (1825–1911)**, writer, poet, abolitionist. In 1870 she joined the Unitarian Church in Philadelphia.

**Lewis Latimer (1848–1920)**, inventor, patent draftsman, son of former slaves, Latimer worked with Thomas Edison. He was a founding member of the Unitarian Church in Flushing Queens. His landmarked former home is located at 34-41 137th Street in Queens.

**Fannie Barrier Williams (1855–1944)**, member of the Unitarian Church of All Souls in Chicago. Lecturer and activist. She spoke these words at the 1893 World’s Fair: “What can religion further do to advance the condition of the colored people? More religion

and less church...less theology and more human brotherhood, less declamation and more common sense and love for truth...”

**Ethelred Brown (1875–1956)**, a native of Jamaica and an early Black UU minister, he founded the Harlem Unitarian Church in 1920.

**Rev. Lewis McGee (1893–1979)**, McGee founded the Free Religious Fellowship in Chicago. In 1961, he became the first Black man called as senior minister of a mostly white UU church—Chico Unitarian Fellowship.

**Annie Jordan Willis (1893–1977)**, Annie and her father Joseph Jordan led the Universalist Mission (school) in Suffolk, VA during Jim Crow segregation. Joseph was the third Black Universalist minister ordained in VA. The project ended in 1974.

**Rev. William Sinkford (1946–)**, served as the seventh and first Black man President of the Unitarian Universalist Association from 2001–2009. Rev. Sinkford was principal spokesman and minister-at-large for the Association.

**Rev. Sofia Betancourt**, tenth and current President of the Unitarian Universalist Association is the first woman of color and openly queer person to serve as UUA President. Rev. Betancourt is a eco-womanist scholar.

And founded in 2015, **Black Lives of Unitarian Universalism (BLUU)** is an organization dedicated to supporting Black Unitarian Universalists and advocating for justice and liberty within the faith and broader society. ([Blacklivesuu.org](http://Blacklivesuu.org))

## UUCSR Budget Procedures

All committees prepare and propose budgets for every congregational year. UUCSR bylaws require that all Budget Meetings at which final proposed budgets are voted upon be publicized in the *Quest*. Such notice ensures that all interested members may be involved in the decision-making that ultimately aligns with the Vision and Mission of the Congregation and with the UUCSR Strategic Plan. The following Budget Meeting dates for planning the 2026–2027 Congregational year have been set:

Committee	Meeting Date	Meeting Time	Location
Adult Programs	Wednesday, March 11	2:30 PM	via Zoom
Bookstore and Gift Shop	Thursday, March 26	2:00 PM	via Zoom
Program Council	Thursday, February 26	5:00 PM	via Zoom
Religious Education	Sunday, March 8	9:30 AM	Bride's Room
Women's Group	Sunday, March 1	9:00 AM	Office Conf. Rm & Zoom

## UUCSR CHILDCARE POSITION OPENINGS

The Unitarian Universalist Congregation at Shelter Rock is seeking **2 dedicated childcare workers** to care for children aged 3 months to 4+ years.

### Schedule:

- Sundays: 9:30 AM–1:00 PM (with occasional afternoon hours)
- Occasional Fridays: 6:00–9:00 PM
- Additional days as needed

### Requirements:

- Must be 18 years of age or older
- Must be a non-member of the congregation (as defined by the conflict-of-interest policy)
- Must complete a CPR and first aid certification within 3 months of hire (cost to be reimbursed by the Congregation)

### Key Responsibilities:

- Warmly greet children and parents upon arrival
- Maintain accurate attendance records
- Engage in active floor play with children
- Lead age-appropriate crafts and games
- Provide attentive supervision and positive interaction
- Clean and sanitize toys and play areas

**Salary:** \$20/hour

**Interested?** Please contact Tammy Weil at [tweil@uucsr.org](mailto:tweil@uucsr.org).

## DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair

### Wanted: GA Delegates!

Wanted: Delegates to the 2026 General Assembly (GA)! DAC has extended the deadline to March 1, 2026 for members to sign on as Delegates for the 2026 Unitarian Universalist Association's annual General Assembly—this year 100 percent virtual. Delegates can serve from the comfort of their homes as they conduct the business of the Denomination. If you have never been a delegate, this is the perfect way to learn about the GA and prepare yourself for next year when we will gather in San Jose for an in-person event. Members who have been delegates in the past can share the experience of being with thousands of fellow Unitarian Universalists from all over the United States (and beyond, in some cases) coming together to mix business with social pleasure. (Click [HERE](#) for the GA Delegate Application form.)

### DAC Budget Process

In other business, our UUCSR bylaws give our members the opportunity to join the committee to participate in the annual budget process for our committee. DAC is a unique committee having two separate budgets: DAC Local, for the day-to-day operation of the committee, and DAC GA, for the funding of our annual delegation to GA. Now that GA has become split between 100 percent virtual vs alternate year multi-platform events, DAC needs to be aware of the challenge of creating budgets that reflect the changing location of the event every two years! You are invited to attend the Tuesday, March 3 DAC Zoom meeting where we will finalize our 2026–2027 budgets. Please contact Sharyn Esposito at [sesposito@uucsr.org](mailto:sesposito@uucsr.org) to be added to the Zoom link.

## LGBTQ+ SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE

Charlene Greenberg, Chair

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

Join Zoom Meeting [HERE](#)

Meeting ID: 883 3817 4041, Passcode: 557032

DATE	LED BY	TOPIC
3/3/2026	Roberta Raeburn	What legacy do you want to leave?
3/10/2026	Open chat	
3/17/2026	Joanna Augugliaro	Good luck charms and other symbols of good luck
3/24/2026	CLOSED MEETING	

## BYLAWS COMMITTEE

Klaus Masuch, Chair

After three years of effort, the Bylaws Committee is finishing the last four and (most challenging) draft amendments. These affect our relations with our ministers, committees, and the nomination process. We will also present suggested policy for Articles VIII and IX. At its January 20 meeting, the Bylaws Committee presented the Board of Trustees with a written policy outlining how proposed revisions to **Article VIII: Supporting Entities of the Board** and **Article IX: Programs and Ministries** would be implemented, should those revisions be approved by the congregation. The Board assigned this work to the Bylaws Committee because of its nuanced understanding of these two articles.

The policy presented to the Board addresses how committees are formed, how they are disbanded, and who holds that authority. Committees that support the work of the Board will be established by the Board itself, while Programs and Ministries will be established by the lead minister. The policy specifies the process by which these actions are carried out.

A listening session has been scheduled for **Sunday, March 15 at 12:30 PM in the Art Gallery** to discuss these policies, along with the proposed revisions to **Article VI: Nominating** and **Article VII: Ministry**. In addition, the Bylaws Committee will attempt to meet individually with committees for discussion and feedback.

One of the most significant proposed revisions to **Article VII: Ministry** is the recommendation that there be only one called minister, with any additional ministers serving under contract. The rationale for this change is accountability: a called minister is directly accountable to the congregation, while contract ministers report to the lead minister. Having more than one called minister could create conflicting lines of accountability.

Substantial changes are also recommended for **Article VI: Nominating Committee**. It is proposed that the committee consist of five members serving two-year terms, with eligibility for one additional two-year term. The revision also standardizes evaluation guidelines, rather than rewriting them each year. Currently, reconstituting the committee annually—with only one continuing member—means that each Nominating Committee essentially starts from scratch. Because selecting leadership is a vital process for any organization, a longer-serving committee made up of members well-grounded in the congregation's culture and governance structure would be better positioned to make effective nominations. Such continuity would also allow the committee to identify and nurture a pool of potential leaders over time.

The intent of this article is to provide a brief overview, rather than a detailed examination of the committee's recommendations. If implemented, these bylaw changes are intended to strengthen governance through greater simplicity and clarity. Thoughts and suggestions are welcome, and members are encouraged to attend the listening session on March 15.

[Bylaws](#)

[Article VI Nominations Recommended Amendments](#)

[Article VII Ministers Recommended Amendments](#)

[Article VIII & IX Committees and Program Council Recommended Amendments](#)

[Article VIII & IX Policies as referenced in the Amendments.](#)

Bylaws Committee: Klaus Masuch, Paul Drezner, Diane Haney, Colin Woodhouse

## THANK YOU

Colin and I, together with the Board of Shared Humanity USA—Alexandra Woodhouse, Barry Nobel, Sandra Cadu, Sophia Woodhouse, Chris Bremer, and Marian Salustky—respectfully express our sincere gratitude to our congregation for the approval of the Crisis Grant supporting relief efforts in Afghanistan following the Kunar earthquake. After two Board meetings and two Congregational meetings, and with the leadership of our Congregation President Aimee Vella Ripley and the guidance of Director Eileen Jamison of the Veatch Program and four members of our team, the grant was approved. Through this action, \$50,000 was awarded to the United Nations for humanitarian assistance in Afghanistan, and \$16,666 was granted to Shared Humanity USA to further our mission of advancing educational opportunities for Afghan children. We are deeply grateful for the congregation's trust, thoughtful discernment, and steadfast commitment to humanitarian service. Your support strengthens our collective effort to bring relief, stability, and hope to vulnerable communities.

With sincere appreciation,  
Latifa Woodhouse, President of Shared Humanity USA, and Colin Woodhouse, Treasurer of Shared Humanity USA  
On behalf of the Shared Humanity USA Board

## BOOKSTORE COMMITTEE

Elaine Peters, Chair

Stop by the Bookstore and Gift Shop at Shelter Rock and take a look around. Along with books, you'll find a variety of gifts and unique items, with new treasures always arriving. We're open Sundays from 12–1 PM, so come in, browse, and see what's new.

## Energy Bills Sky-High

In the United States, our dependence on fossil fuels and the expansion of gas and oil is a disastrous and costly answer for keeping us warm. It only gifts the fossil fuel companies and billionaires with more tax breaks and earnings while we continue to pay higher prices for heat and environmental degradation.

Renewables are available and even more affordable. When we build wind turbines, like much of Europe and other places in the world are doing, we are committing to a clean energy source and future.

Many falsehoods and roadblocks have been pushed by this current administration. As a result, the climate disasters are increasing here and will continue if we don't turn the tide. In New York State, our current governor is trying to build up nuclear plants. This is both astronomically costly and destructive.

Long Islanders should support the wind turbine effort here. The South Fork Wind turbine expansion will heat 70,000 homes. It is east of Montauk and has been vetted for many years and should be completed. As homeowners and consumers, we will be saving on our escalating electricity costs. This is time to support renewable energy like wind turbines.

Submitted by Elaine Peters for the Green Sanctuary Committee

## Seedlings

Whether you're a seasoned gardener or a novice, it's a great time to start some seedlings indoors. The only requirements are potting soil and a shallow container, like an egg carton.



Distributing the soil evenly 2 inches deep is fine. I like to water the soil first, then insert the seeds an inch deep and 2 inches apart. If you have a water bottle that can spritz the water afterwards, that's a good method as it is gentle.

Wait a few days for your seedlings to emerge from the darkness. We were all that tiny once. Remain attentive, keep a visiting schedule, if you can. Be sure to mark your pots with a name or photo of your planting.

Jennifer Roth, Green Sanctuary Committee Chair

## Collecting Coyote Scat

In early February, while on our twice monthly walks to check the trail cameras, Dr. Lisa Filippi (Professor of Biology at Hofstra University) and I spotted coyote scat along the trail. It was a thrilling moment for us scientists! Recently a new male coyote has been spotted on the trail camera footage and the hope is he will mate with the resident female. It's cause for excitement since coyote pups haven't been at UUCSR or the adjoining Greentree property in several years.

The purpose of collecting scat is to analyze and make sure it is *Canis latrans*, the Eastern Coyote, and to study the animal's diet which is predominantly racoon. Future studies could include determining the DNA and sex of each individual, which would provide more accurate family relations and the movement of coyotes across Long Island. For more information about Dr. Filippi and the LI Coyote Study Group visit [seatuck.org/coyotes](http://seatuck.org/coyotes).

When taking a walk in the wooded sections of the property, be mindful that we are not alone, the animals of the forest are always amongst us. There is no need to be afraid as it is rare to see coyotes, foxes, and racoons; deer are still the most frequently spotted large mammal. However if you do see a coyote, as with any wild animal, do not go towards it or attract it to yourself. The most common encounter with a coyote is that it runs away from you and might look back, in a way showing that it acknowledges your presence and is not staying for a chat! Please report any sighting to Agnes P. Cwalina, Land Management Ecologist, at [acwalina@uucsr.org](mailto:acwalina@uucsr.org).



Checking Trail Camera



Collecting Scat Sample



Comparing Coyote Scat Size With Car Keys

## NEW TOPIC!

# FOURTH FRIDAY at Shelter Rock

Nourishing Food,  
Community Conversation,  
and Grounding Ritual

Friday, February 27 | 6:30 PM | Social Hall

## Reclaiming Compassion and Hope: Community Conversation led by Rev. Dr. Natalie M. Fenimore

A Shared Meal, A Shared Rhythm, A Shared Experience

Join Rev. Dr. Natalie Fenimore for a meal in the Social Hall as we come together for a community conversation about our ability to reclaim compassion and hope in these troubling times. We can share our anxieties and feelings of uncertainty. We can affirm our commitment to being a loving community. Let's talk about how we might gain strength and direction together.

Please be sure to register, although not required it ensures us that we have enough food and supplies. Thank you.

There isn't a fee to attend however, a donation is always welcome to help with the costs of the meal and supplies for everyone.

**REGISTER HERE**  
[uucsr.org/FebFF26](https://uucsr.org/FebFF26)

Childcare is available  
Questions? Contact Sharyn Esposito  
[sesposito@uucsr.org](mailto:sesposito@uucsr.org) or 516.472.2960

## SOCIAL JUSTICE COMMITTEE Shanti Flot, Chair

Join the INN Volunteer Cooks  
Second Wednesdays and Fourth Thursdays

Do you like to cook? Please come serve those in need by volunteering to help prepare meals for the INN (Interfaith Nutrition Network). Contact Jane Weiler or Leona Handelman if you like to volunteer! If you would like to come in and help prepare a meal, please call Sherley Meehan at 516.472.2975 and register to cook.

### Community Food Pantry/Clothing Rack

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

Everyone is welcome to participate.

Save the Date and Mark Your Calendars:

Sunday, May 17

All Congregation 2nd Annual Social Justice Committee End of Year Celebration

Food and Fun. All welcome and encouraged to come. More details and a flyer will be made available.

## ART COMMITTEE Paul Kopelow, Chair

Colors & Contours  
by The Long Beach Art League

Exhibit on display through  
Tuesday, March 17

All are welcome!



Under the Influence: Japan as Inspiration  
by Nancy Yoshi

Artist Reception:  
Sunday, Sunday, March 22  
1:00–3:00 PM

Exhibit will be on display:  
Friday, March 20–Monday, April 20  
All are welcome!



# FAITH ENGAGEMENT PROGRAMS

Jamie Walowitz, Youth and Adult Faith Engagement Coordinator

## Adult Bible Classes for UUs with Student Minister Bryan Bower: Bible Topics Survey

Sundays: March 22 | 2:00 PM; April 12, May 24, June 14 | 1:00 PM  
Chapel

John Buehrens, former UUA President and author of *Universalists and Unitarians in America: A People's History*, writes in his book *Understanding the Bible*, a list of reasons for all “skeptics, seekers, and religious liberals” to study the Bible: “The first motivation could be called political: If you can’t or won’t understand the Bible, others surely will interpret it for you. The second could be called cultural or literary: Within this culture you can’t be fully literate or creative, artistically or rhetorically, without an acquaintance with the Bible. But now we come to the third and most personal reason: You can’t be spiritually mature or wise by simply rejecting the Bible as oppressive. The oppressive uses of the Bible are real, but unless you learn to understand that there are other readings possible, the Bible will, indeed, simply continue to be a source of oppression for you, and not a source of inspiration, liberation, creation, and even exultation as you understand it anew for yourself, at a deeper and less literal level.”

These are many of the reasons that compelled UUCSR’s Student Minister Bryan Bower to go to seminary. Buehrens writes that “not all of us, however, can or should go to seminary to begin to take back our right to read and interpret the Bible for ourselves,” saying you can begin with a basic book such as his. However, since Bryan is already in seminary, he decided to offer at least one Adult Bible Class at UUCSR in Spring 2026.

**Please take the survey linked [HERE](#) to indicate which Bible topics interest you!** This survey will also be available in the Social Hall and at the Welcome Desk in the Main Lobby.

## UUCSR RE Senior Seminar Worship Sunday, March 22 | 11:00 AM | Worship Room

Each year, the Senior Seminar class at UUCSR holds a Worship that is planned by the high school youth. This year’s theme is *Fractals of Generosity: Small Acts of Kindness Amplified*. This theme was chosen because the RE theme for this year is *Generosity*, which includes acts of kindness in any size, shape, or form, and the youth connected with the idea that small acts of kindness can multiply, creating a larger, more profound effect in the world. The youth resonated with this theme because they realize the importance of any degree of kindness that is shown in today’s world, and the impact that it can have, and they want the Congregation to understand that as well.

This Worship contains self-written reflections alongside favorite songs and words that deeply resonate with our youth. It is very important for the Congregation to be able to hear the thoughts and beliefs of our youth, as they are the future of our faith, and they are able to grow into their own faith by passionately exhibiting what is important to them in such a sacred space. Please join us to hear the voices of the future of Unitarian Universalism!

## Answer The Call: Become A Soul Matters Small Group Ministry Facilitator

*Are you ready to help your congregation go deeper?*

Small Group Ministry is at the heart of what makes our community more than a Sunday gathering because it’s where deep connection happens, where we explore our questions, and where UU Values become lived experience.

We are looking for new Soul Matters Small Group Ministry facilitators to help lead this vital work, and *we believe you might be one of them.*

Soul Matters Small Group Ministry facilitators guide small groups through monthly themes of meaning and reflection, helping members explore questions of the spirit, share their stories, and build the kind of trust that turns a congregation into a true community. All materials are provided to you in advance. **You don’t need to have all the answers. You just need to be willing to hold space for the questions.**

This is an opportunity to grow as a leader, deepen your own spiritual life, and make a genuine difference in the lives of your fellow congregants. Facilitating a Soul Matters Small Group will challenge you, stretch you, and reward you in ways that few other forms of service do.

No prior experience with Small Group Ministry is required—just an open heart, a commitment to the work, and a willingness to learn.

**New facilitators will receive orientation and training before their groups begin** (details coming soon). You won’t be walking this path alone.

**Ready to Learn More?** If you feel called to this ministry—or are even just curious—we’d love to talk with you! Reach out to Jamie Walowitz, Youth and Adult Faith Engagement Coordinator, at [jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org) or 516.472.2943.

*The congregation grows when we grow together!*

### 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

# In It Together



Registration  
Now  
Open!

## 27<sup>TH</sup> Annual Memorial Day Weekend All-Congregation Retreat

CAMP ZEKE, LAKEWOOD, PA | [WWW.NORTHEASTRETREATCENTER.COM](http://WWW.NORTHEASTRETREATCENTER.COM)

May 22–25, 2026

Enjoy creative workshops | Games and activities | Karaoke Night  
Annual talent show | Rockin' Intergenerational Dance

Further Information and Register Online  
[uucsr.org/26retreat](http://uucsr.org/26retreat)

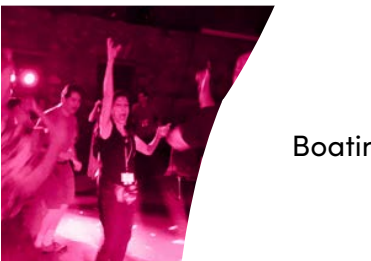
Register early. Space is limited.

**\$50 Refundable Deposit Per Adult**  
**\$25 if you register by Saturday, February 28!**

This year, our 27th Annual Memorial Day weekend is returning to the Block & Hexter Retreat Center at Camp Zeke in Lakewood, PA, a pleasant 3 1/2-hour drive from Long Island.

Camp Zeke is a very well-regarded children's summer camp that has been modified to host weddings, retreats, and all types of corporate events during the off-season. You can learn more about Camp Zeke at [www.northeastretreatcenter.com](http://www.northeastretreatcenter.com).

Boating on beautiful private fresh-water lake | Heated swimming pool with lifeguards  
**Children's program conducted by professional counselors**  
Art Building | Theater | Full internet access | Etc, etc.



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

SEE WEBSITE FOR MORE INFO  
Questions? Contact Elaine Corrao  
516.472.2933 or [ecorrao@uucsr.org](mailto:ecorrao@uucsr.org)

48 Shelter Rock Road, Manhasset, NY 11030 | [uucsr.org](http://uucsr.org) | 516.627.6560 |

## SPECIAL EVENT HIGHLIGHTS

Listed in chronological order | Additional information at [uucsr.org/events](https://uucsr.org/events)

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



Thursdays | 5:45–6:45 PM | Choir Room  
February 26, March 5, 12

With Billy Huyler

Masters of Music, Manhattan School of Music  
Bachelor of Music, Indiana University Jacobs School of Music

Sharpen your vocal skills and understanding of the elements of music. Fee: \$5 per session. Register [HERE](#).

Questions? Contact Sherley Meehan (516.472.2975, [committeeassist@uucsr.org](mailto:committeeassist@uucsr.org)).



March Fourth Friday Presents—Family Fun Night: Retreat Mashup  
presented by the 2026 All-Congregation Retreat Committee  
March 27 | 6:00 PM | Social Hall

We will start with an introduction by Rev. Meagan Henry and then enjoy a Pizza and Pasta Dinner while learning more about the annual UUCSR All-Congregation Retreat. The night will feature a Campfire-style Sing-along with Indoor S'mores Making, Bingo with Prizes, and Kids Crafts. This is a multi-generational event.

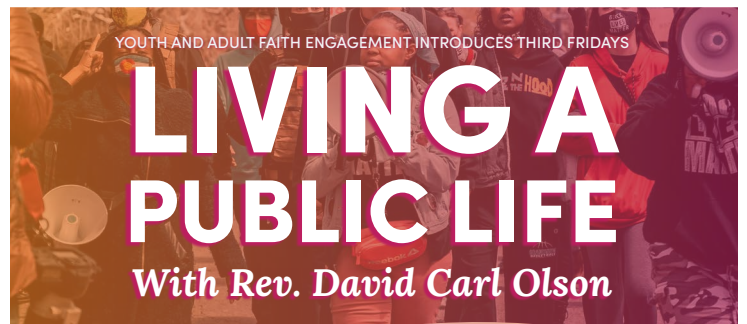
If you are interested in running a workshop at this year's retreat but you are not sure what you want to do—come visit the Workshop Brainstorming table for inspiration and support!

Please register [HERE](#). Although not required it ensures us that we have enough food and supplies. There isn't a fee to attend however, a donation is always welcome to help with the costs of the meal and supplies for everyone. Questions? Please Contact Sharyn Esposito ([sesposito@uucsr.org](mailto:sesposito@uucsr.org), 516.472.2960)



Fourth Saturdays Monthly | 11:00 AM  
February 28 | RE Room 19 and Chapel  
February led by Rev. Dr. Natalie Fenimore and the Earth-Based leadership team Ellen Council, Pamela Prendergast, and Meg Cohen

During Black History Month, we will explore Earth-Based Spiritual Traditions from the African and African-American traditions. Share the cultures, rituals, and beliefs of people who lived with purposeful connection to the earth. All are welcome to explore various paths to spirituality. Please bring some food to share at this event, or a nosh. We will meet and then break for lunch. We hope you can join with us to explore various paths to spirituality. If you can't meet in-person, you are welcome to join online. Register [HERE](#). After you register you will receive the Zoom link. Questions? Contact Sharyn Esposito ([sesposito@uucsr.org](mailto:sesposito@uucsr.org), 516.472.2960)



Third Fridays of Each Month | 6:30–9:00 PM | Art Gallery  
March 20

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” is 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 to ensure we enough food. Questions? Please contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org), 516.472.2943).

## SPECIAL EVENT HIGHLIGHTS

Listed in chronological order | Additional information at [uucsr.org/events](https://uucsr.org/events)

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

The Religious Education Committee invites you to join us for

# Bagels & Beliefs



Please join us Sundays before worship for fresh bagels, spreads, & fellowship.

We are asking for a suggested donation of \$1 per bagel. All proceeds go directly toward supporting The Questing Year RE class' Secret Social Action Project. It's a tasty way to support their good work!

Each month, we will host a new interactive conversation board centered around a theme relevant to our shared values and human experience.

### Bagels & Beliefs Coffee Hour

Sundays | 9:00–10:30 AM | Social Hall

Every Sunday, you can stop by the Social Hall for a bagel breakfast for just \$1! All proceeds go to support The Questing Year RE class' Secret Social Action Project. Coffee and tea are FREE. Remember: No food or drink is permitted in the Worship Room.

Courtesy of the UUCSR Board of Trustees and the Religious Education Committee

While enjoying your bagel, you are invited to consider this month's question: **Where do you find hope when the world feels heavy?**

Feel free to add your response to the interactive conversation board, and we look forward to connecting with you!



Sunday, March 1 | Following Worship Service | Veatch Ballroom

Come join the Adult Programs Committee and explore the religion of Islam with a special focus on the holy month of Ramadan. Kick off our time together with a delicious lunch and then spend time learning about the faith, both in terms of its beliefs and its practices, from people who have grown up in and continue to practice this rich tradition. Looking forward to joining together with you! Register [HERE](#). Registration is strongly encouraged here to order food accordingly, as well as prepare necessary materials. Questions? Please contact Jamie Walowitz ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org), 516.472.2943).

MUSIC AND PERFORMING ARTS AT SHELTER ROCK PRESENTS

# A TIME TO SING For Non Singers! With Leah Wool

Sundays | 1:00–2:00 PM | Choir Room (lower level)  
March 1

Have you been told you can't carry a tune? Do family members give you "that look" when you sing Happy Birthday? Do you sing very quietly or not at all in public because you are afraid you will embarrass yourself? If you answered "yes" to any of these, then this is your time to sing! Join Leah Wool to explore the basics of singing through group singing of hymns, folk songs, and things YOU want to sing! This will be a safe, non-judgmental time to explore your voice as you sing with others!

- NO FEE and OPEN TO EVERYONE!
- Register [HERE](#)

Questions? Contact Sherley Meehan ([committeeassist@uucsr.org](mailto:committeeassist@uucsr.org), 516.472.2975)

UUCSR Adult Programs Committee Presents

# Living Our UU Faith: Deep Listening, Deep Questions

REV. MEAGAN HENRY *Associate Minister at UUCSR*

Six Sunday Afternoons | 1:00 PM | Veatch Library  
March 1, 29, April 26, May 17, 31

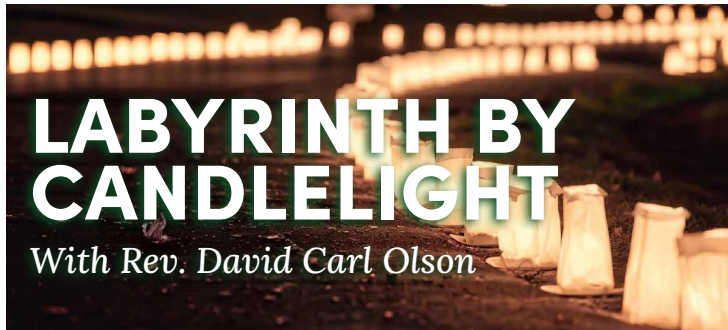
Registration is closed! Please contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator: [jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org) or 516.472.2943 to be put on the waitlist for the next session.

Rev. Meagan Henry is excited to explore UU Faith with you! Come for an intimate six-session exploration of theological concepts that shape our faith tradition—from atonement and blessing to transformation and spiritual practice. Through deep listening and meaningful conversation, we'll examine how these often-charged terms can find authentic expression within our UU values and personal spiritual journeys. No theological expertise required—just curiosity and a willingness to explore alongside fellow seekers. Whether these concepts feel like old friends or unfamiliar territory, you'll find space here to question, wonder, and discover what resonates with your own beliefs. Limited to 12 participants to foster trust and genuine connection. Registration required. If we fill, we'll create a waiting list and offer the program again. Participants encouraged to attend all sessions.

## SPECIAL EVENT HIGHLIGHTS

Listed in chronological order | Additional information at [uucsr.org/events](https://uucsr.org/events)

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

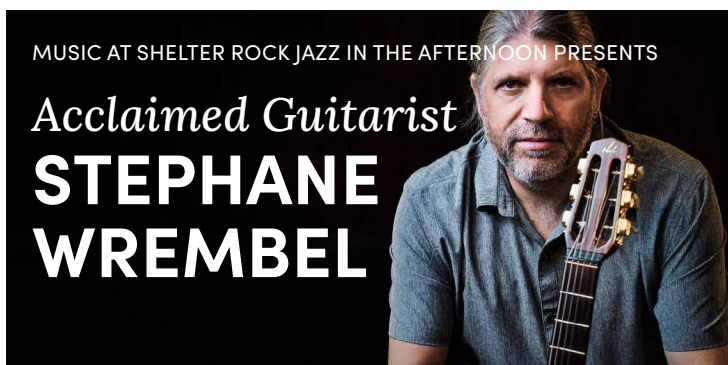


# LABYRINTH BY CANDLELIGHT

With Rev. David Carl Olson

First Fridays | 6:30–8:30 PM | Social Hall  
March 6, April 3, May 1, June 5

Walking the Labyrinth can be a means of meditation, centering prayer and personal healing. Placing one step in front of the other, the pilgrim journeys on a single path from the outside into the center. The labyrinth is not a place to get lost, but offers a single way, with twists and turns, into a destination and back. It can be a chance to set an intention, to consider a personal question, and to have self-compassion as the ancient way unfolds to you. Rev. David Carl Olson will be available to accompany you with questions you may have and will listen to any answers that come to you during your walk. He is a Labyrinth Facilitator certified by Veriditas, which is committed to “inspiring transformation through the labyrinth experience.” Participants may arrive any time after 6:30 PM and before 8:00 PM, and should allow at least 20 minutes to walk the Labyrinth. People are welcome to bring journals to record their insights; simply to remain in a meditative way and listen to music; or to leave when their heart leads them to do so. Questions? Contact Rev. David Carl Olson at [dcolson@uucsr.org](mailto:dcolson@uucsr.org) or Sharyn Esposito at [sesposito@uucsr.org](mailto:sesposito@uucsr.org).



MUSIC AT SHELTER ROCK JAZZ IN THE AFTERNOON PRESENTS

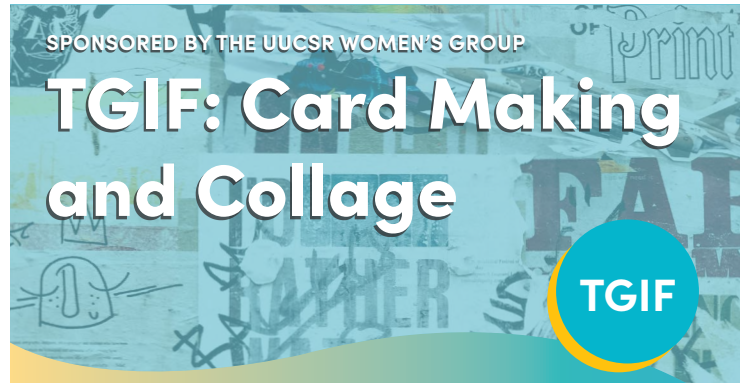
# Acclaimed Guitarist STEPHANE WREMBEL

Sunday, March 8 | 1:30 PM | Worship Room  
Jazz In The Afternoon with Stephane Wrembel

\$10; under 18 free  
Reserve tickets [HERE](#)  
Reception to follow.

Only people with reserved tickets will be guaranteed seating.  
Tickets available at the door the day of the concert.

Questions/Concerns? Contact Committee Assistant Sherley Meehan ([committeeassist@uucsr.org](mailto:committeeassist@uucsr.org), 516.472.2975).



SPONSORED BY THE UUCSR WOMEN'S GROUP

# TGIF: Card Making and Collage

TGIF

Friday, March 6 | 7:00 PM | Art Gallery  
Cardmaking, Collage, and Learn to Knit

Come and create! Please join the Women's Group for an evening of creativity and camaraderie. Absolutely no experience necessary. All materials will be supplied. Just bring your Imagination and the joy of being together. We will show you the basics and you can take it from there!

Register [HERE](#). Questions? Please contact Elaine Corrao (516.472.2933, [ecorrao@uucsr.org](mailto:ecorrao@uucsr.org)). TGIF is held on first Friday of every month



# Join UUCSR's first Houseplant Spa!

with Agnes P. Cwalina

Spa session Thursday, March 12 | 11:00 AM–1:00 PM | Social Hall

Is your houseplant in need of some tender loving care and attention? Maybe you've been setting aside repotting or addressing a pest issue with your plants? Here's your opportunity! Over the next few months we are offering Houseplant Spa sessions where you can bring your indoor plant for a consultation. Agnes P. Cwalina, UUCSR's Land Management Ecologist, will assess your plants' needs and help you on the spot with caretaking tips, including answering any questions, pruning, repotting, and determining pest or disease issues. **In order to participate, please register for a time slot [HERE](#).** Please limit to bringing three houseplants plants per person.

If you would like to donate a healthy houseplant or cutting, bring it in for the Plant Swap which will be happening at the same time. Contact Agnes at [acwalina@uucsr.org](mailto:acwalina@uucsr.org) with questions.

## SPECIAL EVENT HIGHLIGHTS

Listed in chronological order | Additional information at [uucsr.org/events](https://uucsr.org/events)

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

SPONSORED BY THE UUCSR MEN'S GROUP



# ST. PATRICK'S DAY CELEBRATION

Saturday, March 14, 2026 • 6 PM  
Social Hall

Drink some beer! Dine on a wee bit of corned beef, cabbage, Shepherd's pie, Irish soda bread, beverages and desserts. Be entertained by listening to old-time Irish favorites.

❖ **Ciara Greene School for Irish Dance** will perform a number of Irish Step Dance routines.

❖ **Price**

\$25 per person



**Registration Deadline**  
Thursday, March 12

**REGISTER/PAY ONLINE**  
[uucsr.org/26stpats](https://uucsr.org/26stpats)

**OVER 21 ONLY, PLEASE**

Questions? Contact **Elaine Corrao**  
516.472.2933 or [ecorrao@uucsr.org](mailto:ecorrao@uucsr.org)

Childcare Available Upon Request

The Social Justice Committee of the Unitarian Universalist Congregation at Shelter Rock in collaboration with the Women's Group and Manhasset Great Neck EOC presents:

# REMEMBER LISS

## A Revolutionary War Hero???

Saturday, March 14 | 1:00–3:00 PM | RE Chapel  
Presentation by: Claire Bellerjeau

You are invited to spend an afternoon together. Presenter Ms. Claire Bellerjeau takes the audience on a very interesting journey through the revolutionary war and highlights portions of the lives of enslaved people which otherwise we may not be aware of. All are welcome. No charge. Reception following the Presentation. Register [HERE](#). Registration requested for planning purposes. Questions? Please contact Social Justice Coordinator Sonia Arora ([sarora@uucsr.org](mailto:sarora@uucsr.org), 516.472.2977).

THE UUCSR MINISTRY TEAM PRESENTS

# PRACTICING EMPATHY

Third Sundays Monthly | 1:00 PM | Veatch Library  
March 15, April 19, May 17, June 21, 2026

Please join the UUCSR Respectful Relationship Team for Practicing Empathy in communication with one another. The 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. Learn more [HERE](#).

The 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 Sharon Esposito (516.472.2960 or [sesposito@uucsr.org](mailto:sesposito@uucsr.org)).

## SPECIAL EVENT HIGHLIGHTS

Listed in chronological order | Additional information at [uucsr.org/events](https://uucsr.org/events)

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



### Annual Women's History Month Breakfast

Sunday, March 15 | 9:00 AM | Veatch Ballroom

Please join the Women's Group for Breakfast Celebrating Women's History Month

Current 2025–2026 Women's Group Members: FREE  
Non-Women's Group Members: \$15

**Please Register by Wednesday, March 11, 4:00 PM • NO WALK-INS**  
Due to limited occupancy capacity, seating is not guaranteed without paid registration.

Childcare Available

Register [HERE](#). Questions? Please contact Elaine Corrao (516.472.2933, [ecorrao@uucsr.org](mailto:ecorrao@uucsr.org)).

SPONSORED BY UUCSR MEMBER EVENTS COMMITTEE



## SHELTER ROCK'S PASSOVER SEDER

**SAVE THE DATE!**

**Annual UU Intergenerational Seder at Shelter Rock**  
Thursday, April 2 | 5:00 PM | Social Hall

You and your family and friends are cordially invited to the Annual Unitarian Universalist Intergenerational Seder at Shelter Rock. Traditional UUCSR Seder meal will be served, and we will follow along with our UUCSR Haggadah and songs.

**More info coming soon!**

Questions? Please contact Elaine Corrao (516.472.2933, [ecorrao@uucsr.org](mailto:ecorrao@uucsr.org)).

Come share the Seder at UUCSR and hear the Passover story retold.



*UUCSR's Social Justice Committee Presents*

## Fundraiser for Jamaica Disaster Relief

Saturday, March 28 | 1:30–4:00 PM | Social Hall

An afternoon filled with music, dancing and food. Bring a home-cooked dish. Dance to reggae music. Raise Money for Jamaica and feed the hungry. Donate to the World Central Kitchen. Sliding scale donations beginning at \$15 to support the Fundraiser for Jamaica Disaster Relief are greatly appreciated! You can pay at the door in cash/check, too.

Please register [HERE](#) to confirm your presence. Professional childcare is available, please be sure to include details while registering. Questions? Contact Social Justice Coordinator Sonia Arora ([sarora@uucsr.org](mailto:sarora@uucsr.org), 516.472.2977).



## UUCSR's Social Justice Committee Presents Youth Eco Summit

Saturday, April 18 | 9:30 AM–2:45 PM | RE Wing, Grounds, Social Hall

The Social Justice Committee of the Unitarian Universalist Congregation at Shelter Rock, invites all youth (grades 9–12) to participate in the First Youth Eco Summit (YES) at UUCSR!

Mark your calendars to enjoy workshops focusing on Forestry, Pollinator Gardens, and enjoy a scrumptious and sustainable lunch.

Save your spot! Register [HERE](#) now.

Questions: Contact Social Justice Coordinator, Sonia Arora ([sarora@uucsr.org](mailto:sarora@uucsr.org), 516.472.2977)

## ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

NOTE: Building hours are subject to change based on planned activities. See [uucsr.org/calendar](https://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](mailto: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.

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### Sundays Monthly | 1:00–3:00 PM | UUCSR Veatch Terrace Room Mar 15, Apr 19, May 17, Jun 21

#### 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](mailto:cjones@uucsr.org).

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### 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](mailto:jwalowitz@uucsr.org) or 516.472.2943) with any questions.

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### 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](mailto:info@turninginwardwithcaron.com) for information on joining the group. Sponsored by the Caring Committee. No charge to participate.

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### 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 3 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](mailto:ecorrao@uucsr.org) or 516.472.2933).

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### 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](mailto:info@turninginwardwithcaron.com) for information on joining the group. Sponsored by the Caring Committee. No charge.

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### 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 *Paying Attention*. To join, click [HERE](#). Questions? Please contact Sharyn Esposito ([sesposito@uucsr.org](mailto:sesposito@uucsr.org) or 516.472.2960).

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### 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](mailto:jwalowitz@uucsr.org) or 516.472.2943) with any questions.

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### 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](mailto:ecorrao@uucsr.org) or 516.472.2933), Carla Drezner ([stargatecd@aol.com](mailto:stargatecd@aol.com)) or Sandra Hazel Frank ([sanwin@optonline.net](mailto:sanwin@optonline.net)).

## ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

### 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](mailto:jwalowitz@uucsr.org), 516.472.2943), if you have any questions.

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### Fridays | 10:45–11:45 AM | Hadley House and via Zoom

#### Medical Qigong for Senior Health—Winter 2026 led by Ashley Baldwin February 27

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](mailto:jwalowitz@uucsr.org), 516.472.2943).

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### 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](mailto:jwalowitz@uucsr.org) or 516.472.2943).

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### Third Fridays | 3:30 PM

#### Women's Group Online Book Series Discussion

March 20: *Dream State*, by Eric Puchner, discussion led by Maria Ceraulo. Visit [HERE](#) for details or contact Elaine Corrao to learn more ([ecorrao@uucsr.org](mailto:ecorrao@uucsr.org) or 516.472.2933).

### 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](mailto:sarora@uucsr.org). Join Zoom [HERE](#).

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

#### Women's Group Online Film Discussion

February 27: *Son of a Thousand Men*. In a small village, a lonely fisherman yearning for a son is drawn to an ethereal light that links him to others and their long-buried secrets. Director Daniel Rezende, Writers Daniel Rezende, Valter Hugo Mae; Starring: Rodrigo Santoro, Rebeca Jamir, and Miguel Martines.

March 20: TBD

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

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### 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](#).

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### Fourth Saturdays Monthly | 11:00 AM | Art Gallery

February 28, April 25, May 23

#### Exploring Earth-Based Spirituality Multiplatform Gathering

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

## UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

48 Shelter Rock Rd, Manhasset, NY 11030 | 516.627.6560 | [uucsr.org](https://uucsr.org) | [info@uucsr.org](mailto:info@uucsr.org)

### Lead Minister and Minister of Lifespan Religious Education

Rev. Dr. Natalie M. Fenimore ([nfenimore@uucsr.org](mailto:nfenimore@uucsr.org))

### Associate Minister for Congregational Life

Rev. David Carl Olson ([dcolson@uucsr.org](mailto:dcolson@uucsr.org))

### Associate Minister

Rev. Meagan Henry ([mhenry@uucsr.org](mailto:mhenry@uucsr.org))

### Congregation Operations Administrator

Adam Barshak ([abarshak@uucsr.org](mailto:abarshak@uucsr.org))

### Executive Director, Veatch Program

Joan Minieri ([joan@veatch.org](mailto:joan@veatch.org))

### Music Director

Stephen Michael Smith ([ssmith@uucsr.org](mailto:ssmith@uucsr.org))

### Lifespan Religious Education Coordinator

Carson Jones ([cjones@uucsr.org](mailto:cjones@uucsr.org))

### Youth and Adult Faith Engagement Coordinator

Jamie Walowitz ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org))

### Social Justice Coordinator

Sonia Arora ([sarora@uucsr.org](mailto:sarora@uucsr.org))

### Officers of the Congregation

President: Aimee Vella Ripley

Vice President: Paul Carbone

Secretary: Claudia Barbey

Treasurer: Moin Haque

### Members of the Board of Trustees

Carole Alexander Dana Gumb

Arnold Babel Larry Hass

Riki Birk

February 26, 2026

ADDRESS SERVICE REQUESTED  
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, March 11, 2026 | Deadline for Content: Tuesday, March 3, 2026

## MUSIC AND PERFORMING ARTS PRESENTS

# CHAMBER MUSIC AT SHELTER ROCK: Inaugural Concert

Featuring Nathaniel and Friends

RESCHEDULED  
EVENT!



Featuring the music of  
**AMY BEACH**

### FEES

**\$10/\$20 maximum for families  
18 years old and under FREE**

**Reserve tickets in advance  
to guarantee a seat.**

**Only prepaid tickets will be  
guaranteed seating.**

**REGISTER HERE**  
[uucsr.org/2Chamber26](https://uucsr.org/2Chamber26)

Wednesday, March 18 | 7 PM | Worship Room

Questions? Contact Sharyn Esposito at 516.472.2960 or [sesposito@uucsr.org](mailto:sesposito@uucsr.org)

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