



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



January 15, 2026

**Monthly Theme:
PRACTICING
RESISTANCE**

WORSHIP SERVICES

SUNDAY, JANUARY 18, 2026, 11:00 AM

Student Minister Bryan Bower

To Match Actions with Words A reflection on the January theme of Practicing Resistance and its confluence with current events, as well as the life of Dr. Martin Luther King, Jr. on the Sunday before the holiday honoring his birth. What lessons can we still learn from his mission that can still be applied to our twenty-first century lives?

SUNDAY, JANUARY 25, 2026, 11:00 AM

Rev. David Carl Olson, Rev. Meagan Henry

Veatch Sunday: Our Values in Action Join us on UUCSR's beloved Veatch Sunday to learn how Veatch grantees are organizing, working together, and putting UU Values into action every day. Guest speaker, Minister JaNaé Imari, Co-Executive Director of ISAIAH in Minnesota, will speak to the important role of people of faith in building a multiracial, multifaith, people-powered democracy. Minister JaNaé's leadership embodies the belief that powerful storytelling can transform both hearts and systems.

After the Sunday Café, all are invited to remain for the Veatch Program Annual Meeting to follow at 1:00 PM (see page 8).



Veatch Annual Meeting and Grantee Discussion

SUNDAY, JANUARY 25, 2026 | 1 PM | ONSITE

Speaker:
JaNaé Imari
Co-Executive Director
ISAIAH

TOUCHSTONES

Rev. Dr. Natalie Fenimore



About now, a couple of weeks into the New Year, many of us are already upset because we have broken our New Year's resolutions. Remember that our faith asks us to be kind and compassionate to others and also to ourselves—so give yourself a break.

Despite what might be a time for rest, reflection, and recovery in the winter months, we are prompted to be very busy from the end of November through now. So maybe it's a bad time for you to make resolutions or to gather the resources for resistance to oppression and helplessness.

Consider picking your own New Year's Day. Our January 1 New Year is really just one option. Not all cultures choose that day for their new beginnings. In many Asian cultures, the Lunar New Year is in January or February, in Judaism, the New Year is in the fall with the harvest, the Persian New Year (Nowruz) is in the Spring.

Determine when you might be best able to make and keep resolutions for self-care, to work for justice and peace, to spend more time with family and friends, to love your neighbor as yourself—to resolve to resist all that keeps us from building the Beloved Community we seek.

This year, build a spiritual calendar that connects you to your needs, desires, and the calling of your heart.

CARING at UUCSR

Do you know about the UUCSR Caring Committee? Volunteers from UUCSR assist the ministers in attending to members in need. This group of wonderful people sends cards and gifts to show the congregation's concern and care. They send flowers and plants—and Legos and puzzles and craft kits. They quilt and sew gifts. They cook food for those who are hungry or sick. They visit the homebound and those in hospitals and rehabilitation centers. These caring services are available to those of all ages in the congregation. I am so grateful for the extra hands and eyes that they provide. They—and the ministers—are never too busy to hear

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MILESTONES

We mourn the death of... longtime UUCSR Member and Choir Member Claire Bock. Claire died on Monday, January 5, on her 90th birthday, surrounded by her stepsons, Steve and Kevin, daughters-in-law, Judy and Colleen, and her loving husband of 39 years, Richard. She is preceded in death by her son, Vincent Bernard Frontero III. She is survived by her husband, Richard, her daughters, Elisa Sweeney (Jack), Cecelia Frontero, and Bernadette Frontero, her stepsons, Steve Bock (Judy), and Kevin (Colleen), her nine grandchildren, and two great-grandchildren. Plans have not yet been finalized for her Memorial/Celebration of Life that will be held at UUCSR. Information will be sent out once finalized. Condolences can be sent to:

*Richard Bock
160 Radcliff Drive
East Norwich, NY 11732*

We extend our condolences to... Angela Cesa on the death of her only sibling, brother, Michael P. Cesa, MD. Michael died on New Year's Eve at the age of 79. Angela feels gratitude for his love and gift to her, Don, and Jon, of an enlarged family with his four children, their spouses, and their nine grandchildren. Condolences can be sent to:

*Angela Cesa and Don Gillespie
37 Crosby Avenue
Albertson, NY 11507*

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>)

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.

TOUCHSTONES

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from you. If you have a caring need, contact a minister directly or the Caring Committee support staff, Sharyn Esposito (sesposito@uucsr.org).

In faith,
Rev. Dr. Natalie Fenimore

CARING COMMITTEE

Martha Chimienti, Chair

Seasonal Birthdays Celebration

**Sunday, January 18, 2026
12:00–1:00 PM | Social Hall**



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

COMMUNITY FOOD PANTRY AND CLOTHES CLOSET

Give What You Can—Take What You Need

Members of our congregation and community are welcome to make use of the Food Pantry and Clothes Closet near the Main Kitchen entrance.



Many thanks to those who donate. A special thanks to the anonymous donor who took the time to pack and label winter boots!

BOOKSTORE COMMITTEE

Elaine Peters, Chair

Shelter Rock Bookstore and Gift Shop

There are so many new books and merchandise here for the New Year, including the *Common Read* and *Blue Boat Home* for children. But we also have a meditation waterfall, as well as beautiful new earrings, new t-shirts, and squishy animals. Drop in and take a look.



BOARD OF TRUSTEES

BOARD OF TRUSTEES AGENDAS

Tuesday, January 20, 2026

7:00 PM I. Opening Words: Ministers
7:05 PM II. December 2025 Minutes: Claudia Barbey, Secretary
7:10 PM III. Bylaws Committee: Klaus Masuch, Chair
 • Draft Policies Associated with Article VIII and IX Amendments
 • Article VII (Ministers) Draft Amendment
7:40 PM IV. Special Meeting by Petition-Use of Glyphosate for Meadow Project: Paul Drezner
 • Topic Discussion and Set Date of Meeting
8:00 PM V. Ministers Reports: *Rev. Dr. Natalie Fenimore, Rev. David Carl Olson and Rev. Meagan Henry
8:20 PM VI. President's & Administration Reports
 • January Congregational Meeting Recap: Paul Carbone, Vice President
 • Executive Committee Topics Report: Paul Carbone, Vice President
 • January Events Review: Paul Carbone, Vice President and Adam Barshak, COA
 • February Retreat: Paul Carbone, Vice President
 • Teams/Ad Hoc Committee Reports
 o Building Use Leadership Team: Claudia Barbey
 o Land Management Leadership Team: Dana Gumb
 o Hadley House Ad Hoc Committee: Paul Carbone
 o Life Safety Leadership Team (establishing Congregational engagement process on security): Adam Barshak, COA
9:00 PM VII. Good of the Order: Paul Carbone, Vice President
VIII Closing Words

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:

Jan 18: lasagna, steamed broccoli, quinoa with black beans and tomatoes, tossed salad, garlic bread, dessert

Jan 25: assorted party heroes, soup: vegan lentil and chicken noodle, tossed salad, dessert

All meals include lemonade, unsweetened iced tea, dessert

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 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.

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair

GA General Information & Application

There's no time like the present to consider becoming a delegate to the 64th Unitarian Universalist Association (UUA)'s General Assembly (GA) 2026, to be held from Sunday, June 14–Sunday, June 21.

This year's GA will be a 100 percent virtual event. The theme of GA 2026 is "Meet the Moment: Together Everywhere."



To learn more about virtual GA and the selection process, expectations, and funding for delegates (and certain non-delegates), simply pick up a copy of the "UUA Virtual General Assembly 2026 General Information & GA Application" at the Welcome Desk in the Main Lobby, or click [HERE](#). There is a box at the Welcome Desk for your completed Application. Adult and young adult members are encouraged to apply.

Applications for GA are due no later than Sunday, February 1.

GA is the annual meeting of the UUA where participants gather to worship, witness, learn, connect, and make policy decisions for the UUA through a democratic process. For more information, go to <https://www.uua.org/ga>.

MUSIC AT SHELTER ROCK

Stephen Michael Smith, Music Director

Alphonso Horne Selected To Lead UUCSR Jazz Ensemble



We are thrilled to announce the selection of Alphonso Horne to lead the UUCSR Jazz Ensemble. Alphonso and the Gotham Kings have been featured twice in our Jazz in the Afternoon Concert Series here at Shelter Rock, and he has an impressive résumé and rich background as a performer and educator. Having Alphonso as an important member of our musical team at Shelter Rock affords an opportunity to learn from and work alongside a leader in the jazz world.

From his website: Alphonso Horne is one of the most sought-after musicians today. Known for his high level of musicianship, Horne has performed with some of the leading musicians in jazz including, touring with Wynton Marsalis and Jazz at Lincoln Center (2013), performing on the PBS Special: *Lady Gaga and Tony Bennett* (2014), playing in the house band of the *Late Show* with Jon Batiste, and playing on Grammy nominated albums (Jamison, 2015; *My Favorite Things*, 2015). Horne was also featured in the 2019 film *Bolden*, playing a cameo role.

In 2010, Horne received his BM at Florida State University. Immediately after graduating from FSU, he was a member of the Disney All-American College Band before he attended Juilliard for his master's in jazz (MM '13). In that same year, Wynton Marsalis would include him in a list of sixteen young jazz musicians entitled, "Wynton's Picks: Who's Got Next."

While at Juilliard, Horne began performing in various musical productions, both on Broadway and off. In 2013, he was a part of the Tony Award-winning Broadway production, *After Midnight* (2013) with world-class cast members such as Fantasia Barrino, Dulé Hill, and Patti LaBelle. He was also a member of the orchestra for Tony-nominated *Shuffle Along* (2016) with another

great cast, including Savion Glover and Rhiannon Giddens (who he would later begin touring with in 2017). Horne's talents were also seen outside of being an orchestra member as he was the Music Director for *Ziegfeld's Midnight Frolic* (2015), and Assistant Director for *The Last Time Musical* (2015).

Horne leads an active career as a sideman. He has been a part of many projects including, the Cab Calloway Band (2014), touring with Allen Stone (2015), playing on Jamison Ross' (Jamison, 2015), and Joey Alexander's (*My Favorite Things*, 2015), Grammy Nominated albums, performing with the Count Basie Orchestra (2016), began touring with Rhiannon Giddens (2017), and most recently with Rihanna at the Video Music Awards show in 2017. Horne also was the producer for Nancy Harrow's album, *The Song is All* (2016).

An active performing career has given Horne the opportunity to perform at many world-class venues and jazz festivals around the world including Madison Square Garden (VMA Awards 2017), Umbria, Monterey, Newport, Montreal, Vancouver, London, and many more.

Currently Horne is involved with many projects including the annual Savannah Swing Central and Music Festival, where he commissioned an arrangement for the 2018 season, playing with Sammy Miller and the Congregation, who just finished a residency at Ars Nova (2017). As a leader, he is the band leader of an early jazz band: Gotham Kings. Gotham Kings performs regularly at Jazz at Lincoln Center, and Ginny's Supper Club in Harlem, NY. He is currently producing his original show, "Mother Kofi: The Tale of an African Princess."

His most recent appearance on Broadway was the acclaimed sound of Louis Armstrong's trumpet in *It's a Wonderful World*.

WELCOME, ALPHONSO!

ART COMMITTEE

Paul Kopelow, Chair



given light, by Schery Markee Sullivan

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

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 Phinu Jose at 516.472.2975 and register to cook.

Mark Your Calendars and Save the Date:

Sunday, May 17, 2026

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

Food, sound bath, short recap of the goals accomplished over the year.
EVERYONE is WELCOME!
Flyers and more information to follow.

UU OF SHELTER ROCK ANIMAL MINISTRY

Jill Marcus and Leslee Rabb, Chapter Leaders

Thank you to all of our members who have continued to donate pet food/supplies for our ongoing pet food collection drive!

In December 2025, we delivered 38.8 pounds of cat and dog food and supplies to the St. Aloysius Interfaith Food Pantry in Great Neck to help families feed their beloved pets. Leslee Rabb and Jill Marcus are happy to speak with our Meatless Monday Pledgers and all other members with ideas for our Animal Ministry Chapter.

Please click [HERE](#) for the latest UU Animal Ministry newsletter. There you will find interesting news about animals and sign up for webinars, a cooking class, and a film and talk about Sled Dogs.

Pet Loss Support Group—UUAM has a National online Pet Loss Support Group run by its Animal Chaplain and UU Minister Russell Elleven. It's held the first Wednesday of each month at 8:00 PM. The next meeting is on February 4, 2026, at 8:00 PM. To sign up for the zoom link, email Rev. Russell at relleven@gmail.com.

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

MEN'S GROUP

Robert Penaskovic, Chair

Science Discussion Network

Topic: The National Skills Crisis—Math Fear/Avoidance
Sunday, February 15, 2026 | 1:00 PM | Onsite in the Office Conference Room and Online via Zoom

Who Are We?

We are members and friends of Shelter Rock who enjoy talking about science, math, engineering, and AI. In our monthly Science Discussion Network sessions, we open new worlds to each other, exploring the spirit, history, and future of science and math.



Under the sponsorship of the Men's Group, we began the Science Discussion Network in October. Planners of the group include Herb and Carol Klitzner, Jean Smith, Ken Jordan, Larry Hass, Vince Chimienti, Rick Shaper, Bob Penaskovic, Gerry Matusiewicz, and others.

Our Monthly Discussions

Many Shelter Rock members have deep backgrounds in science, and we draw on both these Shelter Rock scientists and interested non-scientists to present ideas from their areas of interest and expertise. Together, we explore timely and thought-provoking topics through open, lively conversation. Topics include the promise and challenges of AI, how people of faith can embrace science, the role of science in helping people understand and manage medical concerns, and the contributions of UU scientists.

Our Aspirations

Our goal is to create a welcoming environment where science-oriented individuals and curious non-scientists can connect, explore ideas, and gain insight into important scientific issues and their impact on society. We are a thoroughly egalitarian group. We welcome all! We also plan to form small interest groups that allow participants to explore specific topics more deeply and, where appropriate, collaborate on projects that could even spark ideas for other organizations to expand and carry forward.

Getting Involved

Remember, you don't have to be a rocket scientist, as long as you are interested in learning and sharing. Come prepared to be welcomed, appreciated, and included.

To join online, click [HERE](#). Learn more [HERE](#). Questions? Please contact Elaine Corrao (516.472.2933, ecorrao@uucsr.org).

LAND MANAGEMENT ECOLOGIST

Agnes P. Cwalina



Join UUCSR's first Houseplant Spa! with Agnes P. Cwalina

Thursdays • January 22, February 19, March 12 • 11-1 PM • Social Hall



Join UUCSR's First Houseplant Spa!

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.

**Spa sessions are on Thursdays | 11:00 AM–1:00 PM | Social Hall:
January 22, February 19, and March 12, 2026**

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 with questions.

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
1/20/26	Charlene Greenberg	Business Meeting
1/27/26	Maryellen Pierce	Something you tried once and instantly knew it wasn't for you and something you thought you would only do once, but continue to do it.

MUSIC AND PERFORMING ARTS COMMITTEE

Ken Hughes, Chair

Music and Performing Arts at Shelter Rock Presents A Time to Sing—for Non Singers!

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!

- **When: Sundays, 1:00–2:00 PM**
January 25; February 1, 15, 22; March 1, 2026
- **Where: Choir Room (lower level)**
- **Fee: NO FEE and OPEN TO EVERYONE!**
- **Register [HERE](#)**

FAITH ENGAGEMENT PROGRAMS

Jamie Walowitz, Youth and Adult Faith Engagement Coordinator

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

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 [liked HERE](#) to indicate which Bible topics interest you!

MUSIC AT SHELTER ROCK

Stephen Michael Smith, Music Director

Chamber Music at Shelter Rock—A New Concert Series to Inaugurate UUCSR's "New" Steinway Grand Piano



This fall heralded the arrival of a new (for us) Steinway Grand Piano to replace the former Worship Room piano which had served us well for several decades but was showing serious signs of wear. When Stephen Michael Smith asked Nathaniel LaNasa, UUCSR's resident keyboard artist, how he thought we should inaugurate the new piano's arrival and introduce it to the congregation and the community he didn't hesitate: "How about a chamber music series?!" Nathaniel has graciously programmed a series of chamber music concerts to do just that.

Here's Nathaniel telling you about it, in his own words: *Offering piano music for worship is a unique joy. Searching out music that inspires the reverence, joy, or contemplation each service demands brings me into community with composers from generations stretching from the Renaissance to the present moment. I get to swim in the oceans of music that exhaustively catalogue our human emotions, as fresh today as when it was written; I get to dance in the rain of new tunes being written every day. Best of all, I get to share music weekly with soulful listeners.*

Recently, this joy trebled with the arrival of our new piano, an exquisite Steinway model D, handcrafted in Hamburg, Germany, in

2012. Each piano has its own personality, its own way of dancing with the way you play it. As Stephen and I went looking at pianos, I was moved, again and again, by the devotion and precision of the artisans behind each instrument. A handmade instrument palpably carries the life energy of its builders. We played a lot of fantastic pianos, but the moment I played "our" new piano, I knew it had chosen us. It wasn't just the extraordinary richness or the clarity of the tone; there was an even more magical quality: it's as if the piano knows what I imagine before I do—as if the piano is alive and playfully clairvoyant! Surely this special instrument will inspire many years of musical adventures at Shelter Rock.

I am honored that UUCSR has invited me to dream up some concerts to celebrate our new piano. I have chosen to begin by visiting the life and times of Amy Marcy Cheney Beach, the first American woman to gain acceptance as a composer of music on a grand scale. She was the most widely performed composer of her generation, and her music pulses with vitality and passion. Amy Beach was also a first-rate concert pianist, performing all over this country and touring Europe; and she was a fierce supporter and advocate of other women composers. Her artistry and her legacy are equally worthy of celebration.

Our inaugural concert on our new piano is Sunday, February 8, at 1:30 in the Worship Room. I hope you'll join me, our own Sarah Moulton Faux, and our orchestra's concertmaster Stani Dimitrova on February 8 to hear Beach's landmark Quintet for piano and strings, a selection of her songs for voice and piano, and piano pieces by Beach and composers in her circles. And I hope you'll save the date for our next musical adventure on Sunday, June 21!

When: Sunday, February 8, 1:30PM

Where: The Worship Room at UUCSR

To Reserve a Seat: \$10 per person; Maximum \$ 20 per family;

Under 18 FREE

Reserve your seat [HERE](#).

Fraudulent Emails and Phishing Scams: Don't Take the Bait!



Recent email scams have targeted the Shelter Rock community purportedly from the Shelter Rock's ministers, staff, or even members, requesting a pdf copy of the membership database. **Please note that UUCSR ministers, staff, and UUCSR members will NEVER ask for a pdf of the membership database. The database is secure and these emails should be reported to a staff member if you receive one.** Please also be reminded about the "phishing" emails purportedly from the Shelter Rock's ministers that are sent from fake, non-UUCSR addresses. **UUCSR ministers and staff members will NOT send you emails using any other email address other than uucsr.org.**

Often, a recipient of a phishing email is advised to call their known contact to verify an email. Most recently, phishing emails have instructed recipients NOT to call, causing confusion about safe behavior.

THE SAFEST ACTION IS NO ACTION; DO NOT CLICK OR RESPOND IN ANY WAY.

Rest assured: Shelter Rock's technology has state-of-the-art security, and no breach has been detected.



JANUARY 25, 2026

Veatch Sunday: Our Values in Action



JaNaé Imari
Co-Executive Director
ISAIAH

Join us on UUCSR's beloved Veatch Sunday to learn how Veatch grantees are organizing, working together, and putting UU values into action every day.

At 11:00 AM Worship, guest speaker, Minister JaNaé Imari, Co-Executive Director of ISAIAH in Minnesota, will speak to the role of people of faith in building a multiracial, multifaith, people-powered democracy. Minister JaNaé's leadership embodies the belief that powerful storytelling can transform both hearts and systems.

Starting at 1:00 PM, the Veatch Annual Meeting will feature interactive, roundtable conversations with Minister JaNaé and several Veatch grantee leaders, including from here on Long Island. Congregation members can begin this new year together with Veatch grantees, in discussions about how they are addressing homelessness, immigration, economic justice, and mass incarceration.

11 AM-12 PM

12 PM-1 PM

1 PM-2:30 PM

Worship Service

Lunch With Special Cake

Veatch Annual Meeting and Grantee Discussion Onsite



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

Questions? Contact Eileen Jamison
516.472.2922 or eileen@veatch.org

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

WINTER SOLSTICE



CHRISTMAS EVE



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

***January 23 (Fourth Friday),
February 20, 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” 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

Third Sundays Monthly
1:00 PM | Veatch Library
January 18, February 15, March 15,
April 19, May 17, June 21, 2026

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

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

LEARN MORE HERE
uucsr.org/26EmpathySundays

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

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

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.

HEY NEW PARENTS! 4TH TRIMESTER & EMERGING PARENTHOOD GROUP

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

Wednesdays

January 21, 28; February 4, 11, 18, 2026
10 AM–12 PM

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

Questions?
Contact Carson Jones at
cjones@uucsr.org



REGISTER HERE

uucsr.org/NewParents25



5:30–9:30 PM – Dinner & Prep/Social Hall
10:00 PM–1:00 AM – Run/Manhattan

Every year, the Senior Seminar youth try to work on different service projects, but one nonprofit that is a constant is Midnight Run. Midnight Run is a volunteer-based organization with a mission to bridge the gap between the housed and those experiencing homelessness. Midnight Run coordinates more than 1,000 missions per year for volunteers from churches, synagogues, schools, and other philanthropic groups to distribute food, clothing, blankets, and personal care items to those who are impoverished and/or experiencing homelessness on the streets of New York City.

We are asking for donations, volunteers to prepare food, sort clothing, and compile toiletry kits, and volunteers who would like to drive Senior Seminar teens and our young adults as they embark on a journey of kindness and giving to a community in need that is close to home.

Donations Collected in the Main Lobby

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

Register at uucsr.org/26Run

Please feel free to sign up for multiple volunteer roles if you would like! You can prep, and be a driver or runner as well!

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

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.

UUCSR's Social Justice Committee Presents

Fundraiser for Jamaica Disaster Relief

Saturday, January 31
1:30-4 PM • Social Hall

Celebrate Jamaica's culture with
tasty food, music, and dancing.

All Donations will go to World Central Kitchen.

REGISTER HERE:
uucsr.org/Jamaica26



Come for an afternoon of Karaoke and a chance to break bread together. You will have an opportunity to sing your way to being Human and Kind!

Please register [HERE](#) to confirm your presence. Professional Childcare is available, please be sure to include details while registering.

You'll enjoy karaoke and the sharing of cultures through delicious food! Please be mindful of food allergens, and we would love to try your homemade dishes!

Sliding scale donations beginning at \$15 to support the Fundraiser for Jamaica Disaster Relief are greatly appreciated! Please give generously to feed those most devastated by the hurricane

All proceeds will benefit the World Central Kitchens to stay by the side of those who need our support now more than ever!

Questions? Contact Sonia Arora
sarora@uucsr.org or (516) 472-2977

Long Strange Trip Part 6

FILM SCREENING AND DISCUSSION

SUNDAY, FEBRUARY 1 ART GALLERY 1 PM

UUCSR's Adult Programs Committee is excited to expand on our Interfaith & Multicultural Exploration Initiative with our second Finding Your Faith Film Event!

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

REGISTER HERE

uucsr.org/StrangeTrip26

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

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.

UUCSR Adult Programs Committee Presents

Living Our UU Faith: Deep Listening, Deep Questions

FEB 15, MAR 1 & 29, APR 26, MAY 17 & 31 | 1:00-2:45 PM



REV. MEAGAN HENRY
Associate Minister at UUCSR

What do words like “God,” “prayer,” & “reverence” mean to you as a Unitarian Universalist?

Join us 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. Ready to go deeper?

REGISTER HERE

uucsr.org/LivingOurFaith26



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

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

Questions?

Contact Jamie Walowitz
Youth & Adult Faith Engagement Coordinator
at 516.472.2943 or jwalowitz@uucsr.org

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

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

Small Group Ministry

led by Iris McKenna

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

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

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

Silent Book Club

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

First Mondays | 6:30–8:00 PM | Zoom

Small Group Ministry

led by Winterflower Robinson

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

Third Mondays | 10:00 AM | Via Zoom

Care for the Caregiver

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

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

Gatherings with LGBTQ+ Friends

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

Tuesdays, January 20, 27 | 10:00–11:00 AM | Art Gallery

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

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

First and Third Tuesdays Monthly

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

Women Talk Daytime

Facilitated by Sandra Frank, Women's Group Board Member. Our format is simple: we start with check-in and move on to an agreed-upon topic for all to discuss, taking turns "going around." Attendees offer their thoughts and ideas to one another, sparking interesting discussions. Besides talking, we listen, learn, and share our individual stories. In the process, we bond with each other and have fun. Your views are welcome during this informal time together. There's much to talk about. Let's be together to share good company and conversation. Do try to attend. You can meet onsite in the Office Conference Room or join the discussion from your home on Zoom. Visit [HERE](#) for details. Questions? Please contact Elaine Corrao (ecorrao@ucsr.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 *Practicing Resistance*. To join, click [HERE](#). Questions? Please contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

Second Wednesdays | 11:00 AM–12:30 PM

Hadley House Community Room

Small Group Ministry led by Deborah Siegel and Lilyan Strassman

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

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

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

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

Members: \$12 per-class, drop-in price; Non-members: \$16 per-class, drop-in price. All are welcome. Learn more and find registration information [HERE](#). Questions? Contact Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943). Testimonial by Jill Marcus: *I have been attending Ashley's Medical Qi Gong classes every week for over a year. Ashley has a very calm presence and has taught me a lot about proper alignment and mind/body connection. I have improved my posture and sense of balance. I leave class feeling energized and grounded. Ashley's January classes will focus on exercises for balance and fall prevention, and building good habits for falling safely. The lounge at Hadley House is a very cozy space and you do not have to be a Hadley House resident to join the classes. No prior Qigong experience is needed.*

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 (stargatedcd@aol.com) or Sandra Hazel Frank (sanwin@optonline.net).

Thursdays | 6:15 PM | Veatch Ballroom

Zazen Meditation—Inisfada Long Island Zen

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

Fridays via Zoom | 12:00 PM

Great Books

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

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

January 16: *The Lion Women of Tehran* by Marjan Kamali, discussion led by Judy Douenias. In 1950s Tehran, two young girls form a deep friendship across social classes, but their bond faces challenges as they navigate Iran's political turmoil and personal betrayals. Visit [HERE](#) for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

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

Women's Group Online Film Discussion

January 16: *Carmelo*, An ambitious chef's life is turned upside down when he receives a devastating diagnosis. As he grapples with this life-altering news, he forms an unexpected bond with a caramel-colored stray dog named Carmelo. This relationship becomes a source of hope, healing, and humor helping him to rediscover joy and meaning in life despite his challenges.

January 23: *Jay Kelly*, Famous movie star Jay Kelly and his devoted manager, Ron, embark on an unexpectedly profound journey through Europe. Along the way, both men confront the choices they've made, relationships with loved ones, and the legacies they'll leave behind. Visit [HERE](#) for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

Saturdays, January 24 and February 28 | 9:00 AM

Veatch Ballroom

Zazenkai—Inisfada Long Island Zen All-Day Meditation

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

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

Yoga For All Levels, led by Mia

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

Fourth Saturdays Monthly | 11:00 AM | Art Gallery

January 24, 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 or 516.472.2960).

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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

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Associate Minister for Congregational Life

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

Associate Minister

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Stephen Michael Smith (ssmith@uucsr.org)

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Carson Jones (cjones@uucsr.org)

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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

Next Quest: Wednesday, January 28, 2026 | Deadline for Content: Tuesday, January 20, 2026



**The Shelter Rock
Bookstore and Gift Shop
is open every Sunday from
12:00–1:00 PM**

Find out what's new this month on page 2!

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

January 15, 2026

SPONSORED BY THE
UUCSR WOMEN'S GROUP
IN HONOR OF BLACK HISTORY MONTH

Christine Dixon in her acclaimed one-woman show:
Harriet Tubman Herself

Friday, February 6, 2026 • 7:00 PM • Worship Room

Harriet Tubman Herself brings to life the story of the legendary abolitionist and humanitarian who rescued countless slaves through missions along the Underground Railroad.
**a powerful blend of drama, music, and audience interaction.*

7:00–8:30 PM • Showing • Worship Room

8:30–9:00 PM • Brief Q&A and light refreshments • Art Gallery

**FREE Voluntary donations to benefit the
Woman's Opportunity Rehabilitation Center**

REGISTER HERE: uucsr.org/HarrietTubman26

Questions? Please contact Elaine Corrao
(516.472.2933, ecorrao@uucsr.org).

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