



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



**Monthly Theme:
THE PRACTICE OF
JOY**

WORSHIP SERVICES

SUNDAY, APRIL 27, 2025, 11:00 AM

Rev. Israel Buffardi

Music Sunday

Craig Hella Johnson's
CONSIDERING MATTHEW SHEPARD

PRESENTED BY THE UUCSR CHOIR and SOLOISTS
with THE ORCHESTRA AT SHELTER ROCK

Stephen Michael Smith, Conductor

Music Sunday Join us for a service of harmony and heart. The UUCSR Choir, Soloists, and The Orchestra at Shelter Rock present Craig Hella Johnson's **CONSIDERING MATTHEW SHEPARD**. Craig Hella Johnson's powerful and moving work was written in response to the brutal killing of the 21-year-old University of Wyoming student and is a call to empathy, tolerance, and the best of humanity.

As with all Worship Services, the greater community is cordially invited to attend. Invite your friends and family to hear this important and powerful musical presentation in a time of uncertainty and fear in the LGBTQ+ community.

SUNDAY, MAY 4, 2025, 11:00 AM

Rev. Israel Buffardi

Imagining Ourselves Alive Imagination isn't just child's play—it's the fundamental human instinct to envision and create the world around us. From the first moments we begin shaping reality in our minds, imagination guides how we connect, heal, dream, and grow. What if imagination isn't merely escapism, but our innate call to make life more beautiful, meaningful, and just? Join us as we explore imagination as a sacred act—a way of living fully awake, fully human, and profoundly alive.

TOUCHSTONES

Rev. Israel Buffardi



I've been talking about joy a lot lately—at our congregation, at home, maybe even to myself. Honestly, I've probably been overthinking it. I've shared reflections, questions, personal anecdotes—all trying to unravel this surprisingly complex idea. But after yet another heartfelt, slightly convoluted explanation at the dinner table, my five-year-old interrupted me. She tilted her head thoughtfully and asked, "But what does joy really feel like?"

Her question cut straight through all my carefully constructed definitions and musings. It was so simple, so direct, yet it left me momentarily speechless. How could I capture something as layered and nuanced as joy in words a child could truly grasp?

After fumbling briefly, I said, "Joy is kind of bubbly." Immediately, it felt insufficient, almost silly. But then I paused, realizing there might actually be something perfect in that playful simplicity. Could something as seemingly straightforward as "bubbly" capture joy's depth and its coexistence with life's harder moments?

The more I considered it, the more I found resonance in the metaphor. Joy, like bubbles, floats gently, whimsically into our lives at unexpected moments—washing dishes, walking in the sun, laughing at bedtime. Yet, bubbles also mirror the world around them, reflecting all its colors and complexities. They're fragile and temporary, underscoring how joy's beauty often lies in its fleeting nature.

In our congregation, joy surfaces in many subtle, nuanced ways: gentle laughter shared quietly in the back pew, supportive hugs exchanged in tough moments, smiles breaking through tears during powerful stories. Joy isn't isolated from pain or challenge—it's woven right into the fabric of our shared experiences.

So perhaps joy truly is bubbly: reflective, delicate, playful, and meaningful precisely because of its fleeting beauty.

MILESTONES

We celebrate with... Latifa and Colin Woodhouse who have been selected to present the Humanity and Spirituality through Grassroots Action virtual-only program at General Assembly in Baltimore, as part of the GA EduCenter.

This is a great honor for the Woodhouses and for UUCSR to have one of our longtime members present. If you are planning on attending GA, be sure to attend the Woodhouse's program.

We congratulate... congregational members Jenny, Riki and Stu Birk on Jenny's recent marriage. Jenny and Jason Matos were married on Saturday, April 12, in a beautiful ceremony held at Shelter Rock officiated by Rev. Dr. Natalie M. Fenimore, followed by a reception. Congratulations may be sent to:

*The Birk and Matos Family
93 Hampton Avenue
Albertson, NY 11507*



We ask for well wishes and cards for... Jetty (Henriette) Purohit who is now at Sands Point Center for Nursing & Rehabilitation, where she has been moved from North Shore Hospital after taking a bad fall. She has a broken nose and other broken bones and injuries to her face. Cards can be sent to:

*Henriette Purohit
Sands Point Center for Nursing and Rehabilitation
1440 Port Washington Blvd
Port Washington, NY 11050*

We rally around... UUCSR member Jayr Pulga, his wife, Tracie, and son, Elijah, who are asking for prayers, well wishes, and cards as they prepare Jayr for his gastric cancer surgery on Friday, April 25. Jayr has been ill for some time and completed four rounds of chemo. Tracie requested no visitors at this time as Jayr is immune compromised. Cards and well wishes can be sent to:

*The Pulga Family
80-65 209th Street
Hollis Hills, NY 11427*

We ask for prayers and healing thoughts... for longtime members Jim and Lynn Smith, as Jim recuperates from his cancer surgery that he underwent this past Monday, April 21. Jim has had a long journey thus far as he has undergone chemotherapy and now surgery. We are asking for you to hold him in your hearts on his road to recovery. Cards and emails can be sent to:

*Jim and Lynn Smith
27010 Grand Central Pkwy 30e
Floral Park, NY 11005-1130
smithjimvet@gmail.com*

BOARD OF TRUSTEES

BOARD OF TRUSTEES AGENDA

Tuesday, April 22, 2025

- | | |
|---------|--|
| 7:00 PM | I. Opening Words: Ministers |
| 7:05 PM | II. March 2025 Minutes: Arnold Babel and Claudia Barbey |
| 7:10 PM | III. Bylaws Committee: Klaus Masuch, Chair <ul style="list-style-type: none">• Article IV and V Amendments |
| 7:40 PM | IV. Personnel Committee: Sheri Lynn McKee, Chair <ul style="list-style-type: none">• CY26 Budget Recommendations and Policy/Other Recommendations |
| 8:30 PM | V. President's, Ministers', and Administration Reports: Chris Hilke, Rev. Israel Buffardi, Madison Colquette, Student Minister and Adam Barshak, COA <ul style="list-style-type: none">• May Congregational Meeting Agenda• Approval of Vice President 2025 General Assembly Expenses• Minister Updates• Building Use Leadership Team (BULT)• Land Management Leadership Team (LMLT)• Life Safety Leadership Team (LSLT)• Ad Hoc Committee on Hadley House |
| 9:00 PM | VI. Good of the Order: Chris Hilke, President |

BOARD OF TRUSTEES AGENDA

Thursday April 24, 2025

- | | |
|---------|--|
| 7:00 PM | I. Opening Words: Ministers |
| 7:05 PM | II. Hadley House LLC BOM Open Positions Status: Chris Hilke, President |
| 7:15 PM | III. Membership Committee: Paul Drezner, Chairs <ul style="list-style-type: none">• CY26 Membership Renewal Campaign |
| 7:35 PM | IV. Finance Committee: Jana North, Chair <ul style="list-style-type: none">• CY26 Budgets and Other Recommendations |
| 8:30 PM | V. Land Stewardship: Dana Gumb and Iliza Bartels <ul style="list-style-type: none">• Conservation Easement Recommendation• Wildflower Meadow Implementation Process |
| 9:00 PM | VI. Good of the Order: Chris Hilke, President |

CAUTION: Geese Nesting Season



Geese may be nesting around the UUCSR property. Please be aware of the geese and avoid them, particularly during their nesting period; they may become aggressive.

ENDOWMENT COMMITTEE

Andrew Bartels, Chair

UUCSR's Endowment and the Current Financial Market Turmoil

President Donald Trump's announcement of across-the-board tariff hikes in early April have caused large declines in US and global stock markets. Coming on top of the turmoil from Elon Musk's efforts to close down Federal agencies, cut government grants, and lay off Federal workers, and Immigration and Customs Enforcement (ICE) raids on immigrants, the tariffs are creating economic upheavals that are rippling through financial markets.

Naturally, UUCSR members have questions about what these actions mean for the UUCSR endowment. The endowment, along with the royalties from German gas fields, provides the bulk of the funds that support our Congregation's activities, Veatch grants, capital projects, and social justice programs.

Our financial advisor, SEI, has created a diversified portfolio of investments that is designed to mitigate market volatility while helping us reach our long-term financial objectives. As of the end of February, the total endowment of \$542 million was divided among 46.8 percent equities, 19.3 percent fixed income, and 33.8 percent in alternative investments, such as hedge funds, real estate, and private assets.

The equities portion of the portfolio will likely be the most adversely affected by the 10–15 percent declines in broad market indicators such as the Dow Jones Index and the Standard and Poor's 500. A few of the hedge funds may also suffer some losses. However, the decline in interest rates that has accompanied the stock market drops will bolster the fixed income and real estate portions of our portfolio.

In anticipation of the markets' negative reaction to the administration's policies and executive orders, the Endowment Committee, working responsively with SEI, has taken steps to put a small portion of the portfolio into short-term fixed income securities that will be immune to market volatility and that can be drawn on along with dividends, interest, and capital gains from the portfolio, to fund our projected levels for the UUCSR spending limit for the next three years. The goal is to be able to meet UUCSR's funding needs over that period without having to sell the core growth assets in our endowment portfolio in a down market. The best practice in managing financial assets is to avoid selling in a declining market or trying to time when to reenter that market when it starts to recover. That's what the Endowment Committee, with the assistance of SEI, is doing.

For information about UUCSR's endowment and investments, please contact Andrew Bartels, Endowment Committee Chair, at ahbartels@outlook.com.

Moin Haque, Treasurer, contributed to this article.

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, May 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/2870061>)

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.

BYLAWS COMMITTEE

Klaus Masuch, Chair

Bylaws Hearing

Onsite and Online

Please join us on Wednesday, April 23, at 5:00 PM, for an onsite and online discussion on [proposed amendments to Article IV](#) and [V](#) (which will be voted on at the May 4 Congregational meeting) and a general update on Committee progress on other bylaws. Please meet in the Office Conference Room if participating onsite, or join online via Zoom [HERE](#).

Dial by your location: 646 558 8656

Meeting ID: 842 5032 5530

Passcode: 776317

SUNDAY CAFÉ

Social Hall | Following Sunday Morning Worship Services

Vegetarian and vegan options are always available

Apr 27: Special Membership Renewal Luncheon—SEE PAGE 5

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CHILDREN ONLY \$5 kids' meal:

chicken fingers, mac and cheese, fruit platter

ADULTS \$10:

May 4: spaghetti with vegetarian sauce, meatballs, garlic bread, tossed salad

All meals include lemonade, iced tea, and dessert.

RESPECTFUL RELATIONSHIPS TEAM (RRT)

Rev. David Carl Olson and the Respectful Relationships Team

This is the time of year when all that has been dormant in the earth is unlocking its potential in new growth, bud and blossom and flower. In our learning to practice empathy with one another, new possibilities are blossoming among us for our relationships within the congregation.

We celebrated a "Meeting the Moment" workshop in February and held a four-day residency by Aisha Hauser in March. This month, the Respectful Relationships Team is encouraging people to attend the Racial Justice Sub-Committee presentation on Understanding and Responding to Bias on Sunday, April 27. We hope to continue to practice ways to enhance our relationships. (For more info see page 8.)

A thought in passing:

"Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity."

—Melody Beattie, *The Language of Letting Go*

Consider this: If you kept these words in mind, how would you respond differently to someone?

DENOMINATIONAL AFFAIRS COMMITTEE

Richard Bock, Chair

Denominational Affairs Committee News

We eagerly await the visit of the Kolosvar, Transylvania choir on Wednesday, April 23. As reported in detail in the last issue of the *Quest*, the event will start at 6:00 PM in the Social Hall with a concert to be followed by a light supper. If you have not yet registered please contact Sharyn Esposito sesposito@uucsr.org—you'll be asked to bring an appetizer or dessert. This event is co-sponsored by DAC, RE, and the Music and Performing Arts Committee (MPAC).

Meet our 2025 GA Delegates: Richard Bock, chair of DAC, Chris Hilke, UUCSR President, Sandra Frank, Dana Gumb, Larry Hass, Jana North, Katy Schall, Rick Schwartz, Berry Shirazi, and Colin Woodhouse. Our UUCSR GA guidelines also allow alternate delegates to be approved to step up prior to the start of GA. Our alternate delegates are Barry Nobel and Jim Smith.

Our ten 2025 UUA General Assembly Delegates have begun preparation for our five-day event. We will travel to Baltimore in June and carry out the business of our Unitarian Universalist Association. Unlike our congregation's meetings, the President of the UUA, the Reverend Dr. Sofia Betancourt, does not run the GA. This task is in the capable hands of the Moderator—or in this case the Co-Moderators. These elected persons also lead the meetings of the UUA Board of Trustees. I mention this because at the 2025 GA, our delegates, along with hundreds of other delegates from across the country, will be electing a new moderator or co-moderators. Running for office is Natasha Walker and the team Rev. Kimberly Quinn Johnson and Bill Young. We will soon know whether we have a new moderator or co-moderators for this six-year position. *UU World*, the magazine of the UUA, has lots of information for you to read about GA and the Denomination.



Sunday, April 27 | 9:30 AM–1:45 PM | Social Hall

Silent Auction To Benefit UUCSR's Partner Church in Transylvania

Unitarian Congregation at Csikszereda, Romania is our Partner Church. We have much in common and much to share! The Auction will support our Partner Church so that it may continue to serve its ethnic Hungarian and liberal Christian congregants, following many years of struggle with communist and authoritarian governments.

You may donate items for the auction any time right up until Sunday, April 27, although delivery (or pick up) in advance would be extremely helpful. Please consider donating collectibles, services such as live music, homecooked food, dinner parties, etc. If you have ideas or questions, contact Barry Nobel at barry@nobel.org, 516.318.2740 (mobile), or 516.570.2154 (home). Drop off donations to Sharyn Esposito anytime when UUCSR is open.

On Sunday, April 27, the Auction open all morning and afternoon in the Social Hall. Visit to peruse the offerings. Each item is numbered with a corresponding card. To bid, enter your name, bid, and phone number on the card. At 2:00 PM, the Auction will close, and winning bids will be announced. Winners need to claim their items and pay the cashier by cash or check made out to UUCSR with "Partner Church" in the memo line. You may leave the auction. If yours is the winning bid on an item, and you have left, we will call you using the phone number you left on the bidding card. The item, if a solid object, will be available for pickup at your convenience. Absolutely no cost to attend.

MEMBERSHIP COMMITTEE

Paul Drezner, Chair

Membership Renewal

It's the season to celebrate the joy of giving and renew your membership to your spiritual home—the Unitarian Universalist Congregation at Shelter Rock (UUCSR)—by making your annual contribution for fiscal year 2025–2026.

Take a moment to reflect on the joy you've found here—through inspiring gatherings, meaningful personal connections, and impactful community action. Consider how UUCSR enriches your life with belonging, purpose, and shared commitment, and renew your membership today.

How to Renew:

- Online Anytime:** Easily renew at uucsr.org/Renew25-26 or scan the QR code below. (Click dropdown arrow and choose 2025–2026 Membership Renewal.)
- In Person:** Visit the renewal table in the Social Hall throughout April. Friendly volunteers will help you renew confidentially onsite.
- By Mail:** Contribution cards are available. Simply complete and return your card with your payment information, check, or cash.

Special Celebration:

Come Sunday, April 27, for a special Membership Luncheon sponsored by the Membership Committee to thank everyone who's renewed. **Renew by this date, and you'll enjoy lunch on us and be entered into a raffle for a special prize!**

Questions or need assistance with making your contribution? Contact Sue Kimler in Finance at 516.472.2919 for personalized help.

Thanks for renewing,
The Membership Committee



Special Membership Renewal Luncheon | Sunday, April 27

All UUCSR members who have renewed their 2025–2026 Membership will be treated to a special lunch. The menu includes various appetizers, hot entrées: Grilled Lemon Chicken, Teriyaki Glazed Salmon, Steak Kabobs, Angel Hair Primavera (vegan), various vegetables and salads, and a wonderful array of desserts.

Remember this lunch is only free for all who have renewed their 2025–2026 Membership before or on Sunday, April 27. We will have a table available for you to renew in the Main Lobby before lunch. The new Membership renewal requires donating as you fill out your renewal form. You can still make your contribution monthly, weekly, by check or credit card, or anyway you wish. However, a donation must be made at the time of renewal, it can be any amount. Questions? Contact Paul Drezner (stargatedcd@uucsr.org) or Sharyn Esposito (sesposito@uucsr.org, 516.472.2960).

BUILDINGS AND GROUNDS AND GREEN SANCTUARY COMMITTEES

Phase 3 of Forest Restoration Is Complete

The latest project to restore our beautiful woodlands has been completed. This is the third effort to remove invasive plants which dominate the understory and shade out native tree species that would regenerate the forest.

By far the most aggressive invader of our woods is a shrub called winged euonymus (*Euonymus alatus*) or burning bush for its vibrant red color visible in the fall. This shrub native to Asia has overrun the forest floor, preventing many other plants from growing. This means that, as the magnificent old growth trees in our woods come down, we have no native trees to take the place of those arboreal behemoths.

By removing the burning bush and planting native trees such as oaks and maples and native shrubs such as viburnums and witch hazels, we are setting the stage for a forest that can regenerate itself. The native understory will have an opportunity to thrive and replace the existing canopy trees when the time comes.

This latest forest restoration project has extended the area of invasive removal and native planting 300 feet into the forest from the tree line along the Great Lawn. In addition, the woods at the west end of the Veatch parking lot were restored as part of this project.

Removals were accomplished with three different pieces of equipment: a forestry mulcher to take down the invasives and a soil conditioner and excavator to remove the roots of the invasives. All this work was expertly supervised by Agnes Cwalina, our new land management ecologist.

Meanwhile, ephemeral wildflowers have begun to bloom this spring. Ephemerals are flowering plants that make a brief but beautiful appearance before the tree canopy leafs out. The trout lily colonies (*Erythronium americanum*) are especially prolific this year, carpeting the ground in some places.



Trout Lily



Soil Conditioner



Agnes Cwalina at new walking trail

GREEN SANCTUARY COMMITTEE

Jim Peters, Chair

Earth Day 2025 Revisited

April 22 is Earth Day celebrated by millions around the world. It is a day for those who hold beliefs similar to Unitarian Universalists who believe we are stewards of the earth. Unfortunately, there are many in power who are plundering, destroying for profit, repleteing resources, and polluting.

At UUCSR, a Green Sanctuary Congregation, we already have a 101-kilowatt solar array of panels on our roof, motion sensors, LED lights, etc., and are weeding out invasive plants replacing them with native ones and trees.

However, as members, we must do more than we already have. Reduce! Reuse! Recycle! Re-purpose is a start. Better yet is pressuring our banks, corporations, and politicians to stop bad practices. Connect with other people and groups who want to green our economy. Then Earth Day would mean a healthier planet for all life.

Submitted by Elaine Peters, Green Sanctuary Committee

Place your items in the bins in the lower parking lot!

The **White Donation Bin** is accepting gently used clothing, still wearable but no longer wanted by you. Donations go to United Veterans Beacon House.

The **Green Donation Bin** is accepting unwearable, unusable fabrics like old clothing, sheets, shoes, or handbags.



CARING COMMITTEE

Martha Chimienti, Chair

Spring Birthdays Celebration Postponed!

NEW DATE: Sunday, May 18
12:00–1:00 PM | Social Hall

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



BOOKSTORE COMMITTEE

Elaine Peters, Chair

What's New at the Bookstore

This April, we offer ten copies of *Subtle Acts of Exclusion*. It will be the subject of a discussion led by Martha Chimienti and Jim Smith as a follow-up to Lynda Josenhans' "Understanding and Responding to Bias" workshops to be held on April 27 and May 18, in the Veatch Ballroom at 1:00 PM.

SOCIAL JUSTICE COMMITTEE

Shanti Flot, Chair

From the Desk of Social Justice Coordinator Sonia Arora

Join the Town Hall Series, on Zoom, co-sponsored by NYCLU and UUCSR, which is detailed in the following:

Liberty in Motion: Our Watershed Moment

"Liberty in Motion: Our Watershed Moment" is a four-part Town Hall Series centering conversation on the action we can take to protect and promote equity in our own communities faced with unprecedented threats.

Planting the Seeds for Real Police Reform and Accountability (Part 3)

Thursday, May 1, 6:30–8:00 PM

New York must fundamentally transform the role of policing in our state. It is up to us all to envision and advocate for community safety that starts with reducing reliance on police in mental health crisis response, increasing transparency as a means for accountability, and reducing unnecessary police encounters. Join us for the third installation of four in the Town Hall Series, "Liberty in Motion: Our Watershed Moment" to learn about the policies that will ensure that all New Yorkers are treated equitably and to learn what you can do to help stop abusive policing. Topics will include mental health crisis response, digital privacy, pretextual stops, protest, and local police reform. [RSVP Link HERE](#).

Defending Reproductive Healthcare and LGBTQ+ Rights (Part 4)

Thursday, May 22, 6:30–8:00 PM

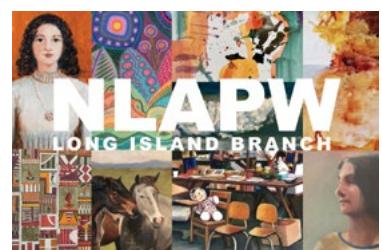
At a moment in history when bodily autonomy is under attack, feminist and LGBTQ+ movements are called on to show up for transgender community members and protect reproductive healthcare. Join us for the fourth and final installation of the Town Hall Series, "Liberty in Motion: Our Watershed Moment" to learn about the policies that will ensure that all New Yorkers are treated equitably and to learn what you can do on the eve of pride month to help defend reproductive freedoms and LGBTQ+ rights. Topics will include legislation to protect healthcare providers who offer access to abortions and gender affirming care, an update on the implementation of New York's recent Prop 1 amendment (New York State "Equal Rights Amendment"), and insight into the local landscape of LGBTQ+ rights in Nassau County. [RSVP Link HERE](#).

ART COMMITTEE

Paul Kopelow, Chair

National League of American Pen Women Long Island Branch
Exhibit is on display
Thursday, April 24–Wednesday, May 28, 2025

Meet the Artists Reception:
Sunday, May 18, 2025
1:00–3:00 PM | Art Gallery



MEMBER EVENTS

Carla Drezner, Chair

Join Us for an Unforgettable Retreat at Camp Zeke!

Nestled in the beautiful town of Lakewood, PA, Camp Zeke is the perfect place to relax, recharge, and connect with friends old and new. The stunning grounds offer something for everyone—from peaceful nature walks to exciting outdoor adventures!

Enjoy swimming and canoeing in the breathtaking lake, surrounded by lush greenery and scenic hiking trails. If you prefer a pool, take a refreshing dip, or swim some laps under the watchful eye of their dedicated lifeguard. For sports enthusiasts, the outdoor court is the perfect spot for a fun game of pickleball, with all the equipment you need available inside the Gym building.

There's so much more to explore! The Gym features a fantastic dance studio, where you can join workshops and let loose, as well as a well-equipped exercise room with weights and cardio machines to keep you moving. And of course, no retreat is complete without our beloved campfire! Gather around the flames, sing your heart out (no experience needed!), toast marshmallows, and indulge in gooey s'mores while making lifelong memories.

And let's talk about the food—because it's truly amazing! With three plentiful and healthy meals a day, you'll have the perfect opportunity to enjoy delicious dishes while bonding with others in the congregation or catching up with your closest friends.

One of the best parts of Camp Zeke? The incredible staff! They're not just friendly and welcoming—they go above and beyond to make sure every guest has an amazing experience. Whether you need a helping hand or just a warm smile, they're always there to make your stay unforgettable.

All of these special moments come together to create an incredible Memorial Day All Congregational Retreat. Once you experience it, you'll want to come back year after year!

Submitted by Audrey Murphy



Our Time to Dance

26TH Memorial Day Weekend
All-Congregation Retreat

CAMP ZEKE, LAKWOOD, PA | WWW.NORTHEASTRETREATCENTER.COM

May 23-26, 2025

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

Further Information and Register Online at uucsr.org/25retreat
Register early, space is limited.
\$50 Refundable Deposit Per Adult

This year, our 26th 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.

Boating on beautiful private fresh-water lake | Heated swimming pool with lifeguards | Counselors for children's program | Art Building | Theater | Full internet access | Etc.

Questions? Contact Lex Jellema
(516.472.2920, ljellema@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.

EXPERIENCE THE SOUNDS OF TRANSYLVANIA: Concert and Community Dinner



Experience the Sounds of Transylvania: Concert & Light Community Supper with Choir after the Concert | Onsite and Online

Wednesday, April 23 | Social Hall | Gather 6:00 PM | Concert 6:30 PM

Come for a special evening of traditional Hungarian folk music and global sounds as we welcome the student choir from the János Zsigmond Unitarian High School of Kolozsvár, Transylvania. As part of our longstanding tradition of cross-cultural partnership with Unitarian churches in Transylvania, this is a unique opportunity to connect, share a meal, and enjoy beautiful music together.

We will gather at 6:00–6:30 PM to be seated for the 6:30 PM Concert in the Social Hall. The concert will end at 8:00 PM and will be followed by a light community supper. Attendees are asked to please bring an appetizer or a dessert for twelve people. Registrants will get an email from Sharyn Esposito letting you know if you are assigned an appetizer or a dessert.

This event is free and open to all—the music, the food, and the connection! Please be sure to register [HERE](#). **If you can't attend, livestreaming will be available [HERE](#).**

This is more than a concert—it is an opportunity to celebrate our global Unitarian connections, share in cultural exchange, and extend a warm welcome to these Transylvanian youth. We hope you will attend! Questions? Please contact Sharyn Esposito (516.472.2960 or sesposito@uucsr.org). *This event is sponsored by the Denominational Affairs, Religious Education, and the Music and Performing Arts Committees.*

April Fourth Friday: Explore the Practice of Joy with Student Minister Madison Colquette

Friday, April 25 | 6:30 PM | Social Hall

Join us for our April Fourth Friday where we will explore the practice of joy. Please bring a personal joy activity of yours to share with others: a puzzle, board game, deck of cards, paint by number, coloring book, etc. We will engage in a shared meal, conversation, and invitations to practice joy together.

This is a multigenerational fun activity. Everyone is welcome! No fee to attend however, a donation is always welcome to help with the costs of the meal and supplies. Register [HERE](#). Registration is not required but requested to help plan for the meal to be sure we have enough food. Childcare is available. Questions? Contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

Exploring Earth-Based Spirituality Multiplatform Gathering on the Fourth Saturday of the Month | April 26 | 11:00 AM | Art Gallery

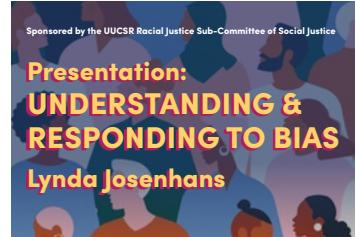
This group shares the cultures, rituals, and beliefs of people who lived with purposeful connection to the earth. If interested, please join us on the fourth Saturday of the month at 11:00 AM in the Art Gallery. Please bring some food to share at this event, or a nosh. We hope you can join with us to 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. Have any questions? Contact Sharyn Esposito (sesposito@uucsr.org, 516.472.2960)

Presentation: Understanding and Responding to Bias with

Lynda Josenhans

Sunday, April 27 | 1:15 PM | Chapel

Sunday, May 18 | 1:00 PM | Chapel



We all make assumptions and have blind spots when we judge people. In this workshop, learn ways you can avoid falling prey to stereotyping based on how a person speaks, looks, dresses, etc. Let's rewire our brains so we do not hurt others by our statements.

Goals: • Gain an understanding of multiple forms of bias.
• Learn helpful ways to respond to implicit bias.
• Learn to guide children in their responses to bias as well.
• Assess yourself.
• Celebrate reasons for Hope & Healing.

Register [HERE](#). Registration is not required, however, requested so that we can plan better. Fruit and beverages will be served. Questions? Call Sonia Arora (516.472.2977).

Women's Group TGIF

Meet the Artist! Be the Artist!

Friday, May 2 | 6:30 PM | Art Gallery

A multigenerational workshop exploring the art of Claude Monet



- Learn about Monet's life, times, and art
- Create original scenes using imagination and inspiration from our UUCSR landscape
- Explore Monet's use of light, color, and texture
- Mediums: Pastel, Cray-Pas, and/or Charcoal

Children ages 7 and up are invited to participate.

Refreshments will be served. Register [HERE](#). Registration is encouraged but not required. Childcare provided if requested. Questions? Contact Lex Jellema (ljellema@uucsr.org or 516.472.2920)

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.

UPSTANDER TRAINING WORKSHOP

ON DECONSTRUCTING SYMBOLS OF HATE
ONE ACT OF COURAGE PROGRAM

With Donna Rosenblum

Saturday, May 10 | 1-3 PM | Art Gallery

Saturday, May 10 | 1:00 PM | Art Gallery

Presented by Donna Rosenblum, Director of Education, Holocaust Memorial & Tolerance Center of Nassau County.

Co-sponsored by the Mental Health Sub-Committee of Social Justice, the Respectful Relationships Team, and the Caring Committee at UUCSR

This free workshop encourages participants to closely examine the history behind some of society's most widely known symbols associated with hatred, discrimination, and, in some cases, genocide. The Upstander Training Program will emphasize how we can stand up to hatred when we see it or hear it and empower the participants to lean-in to their capacity for courage whilst exploring the history of the Holocaust. Light Refreshments will be served. [Register HERE](#) on or before Thursday, May 8.

Registration REQUIRED for arranging food and supplies. Any questions or if you need childcare, please contact Phinu Jose at pjose@uucsr.org or 516.472.2975.

UUCSR Women's Group

Mother's Day Luncheon

"To Honor the Nurturer in All of Us"

PREPAID ADVANCED REGISTRATION REQUIRED

Sunday, May 11 | 12:30 PM | Veatch Terrace

The Women's Group welcomes you to this year's Mother's Day Luncheon. This event is free for current Women's Group Members, \$15 for UUCSR Members, \$25 for Non-Members, and \$5 for Children (12 and under).

All who plan to attend must register [HERE](#) by Wednesday, May 7. Please contact Lex (516.472.2920 or ljellema@uucsr.org) with any questions, special dietary needs, or childcare requests.

MUSIC AND PERFORMING ARTS PRESENTS

MUSIC THEORY CLASSES

With Dan Pratt

5 Thursday Evenings | 7:00-8:15 PM | Choir Room

May 8, 15, 22, 29, and June 5, 2025

5 Classes for \$20 or \$5 per class

Love music and want to understand how it works? UUCSR's new Music Theory class breaks it down for you. You'll explore how sound is organized into music, learning the foundational principals of rhythm, pitch, scales, and harmony in a dynamic and interactive learning environment led by UUCSR's Jazz Ensemble Director, Dan Pratt.

(Note: a rudimentary understanding of music will be helpful, but classes are open to all who are interested.)

Register [HERE](#). Questions? Contact Phinu Jose (516.472.2975 or pjose@uucsr.org).

ADULT PROGRAMS PRESENTS

INTRODUCTION TO EXPRESSIVE WRITING with Patricia Rossi



Sunday, May 18 | 12:30-2:00 PM | RE Room 15

Join Patricia Rossi, local author and writing workshop facilitator for an inspiring and delightful afternoon. Embrace the beauty and awe of spring, a time for renewal and reflection, through the art of journaling. With pen and paper, come explore with Patricia the healing power of writing, and its amazing ability to quiet the mind, and allow the soul to awaken.

Register [HERE](#). Questions? Contact Jamie Walowitz at jwalowitz@uucsr.org or 526.472.2943.

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.

Sundays | 9:00 AM | Ensemble Rehearsal Room

UUCSR Jazz Ensemble

Open to musicians of all ages under the direction of Dan Pratt, the Jazz Ensemble explores jazz through the study and playing of the traditional jazz greats as well as today's composers and arrangers. Anyone interested is welcome to contact Dan (danprattmusic@gmail.com) to get additional information or simply show up.

First Sundays | 9:30–11:00 AM | RE Room 4

Small Group Ministry

led by Catherine Torrillo and Robert Penaskovic

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

Once Monthly on Sundays | May 18 | 12:00 PM | Art Gallery or RE Room 4 | Dramatic Readings

Join us to eat, chat, and read the play of choice. You are invited to attend Worship, grab lunch at the Sunday Café, and join us in the Art Gallery or RE Room 4 to nosh, catch up, read, and discuss the play we have re-enacted. Please register [HERE](#) if you are planning to attend, as physical copies of the play need to be prepared. Please contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator, if you have any questions (jwalowitz@uucsr.org or 516.472.2943).

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.

Mondays | 9:00 AM | via Zoom

Qigong for Balance and Self-Empowerment

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

Monday, June 2 (new dates TBD) | 10:00 AM | Art Gallery

Energy Practices for Enhanced Health and Wellbeing with

Dr. Fern Engelson

Cost: \$14 per class for members, \$20 per class for non-members. When practiced regularly, these energy practices support our bodily and cognitive functions, improve our sleep, our mood, and offer us a greater sense of vitality, strength, and calm. No prior experience is necessary, and the movements are gentle and easily adaptable. To register or for questions, please contact Fern (516.621.0316 or lovenow108@gmail.com). For more information, click [HERE](#).

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.

Tuesdays | 9:30 AM | Art Gallery

Awaken Your Body, Ignite Your Spirit with Leyla Hoell

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

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.

First and Third Tuesdays Monthly

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

Facilitated by Sandra Frank, Women's Group Board Member. The format is simple. At the first gathering of the month there is a discussion about current events. On the third gathering of the month, a specific topic is discussed. Listen, learn, share information, and talk about individual stories while bonding with each other and having fun. You can meet onsite in the Office Conference Room or join the discussion from your home on Zoom. Visit [HERE](#) for details. Questions? Please contact Lex Jellema (ljellema@uucsr.org or 516.472.2920)

Third Tuesdays | 10:30 AM | Via Zoom

Living with Cancer, led by Caron Hunter

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

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

Wednesdays | 2:00 PM | via Zoom

Wednesday Afternoon Conversation

Seeking an opportunity for spiritual deepening in a supportive setting? The ministers invite you to a Wednesday Afternoon Conversation. It is a time of reflection, sharing, and listening. Newcomers are especially welcome. To join, click [HERE](#). Questions? Please contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

Second Wednesdays | 11:15 AM–12:45 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 526.472.2943) with any questions.

Company for Dinner | Second Wednesdays | 5:30 PM

Landmark Diner: 1027 Northern Blvd, Roslyn, NY 11576

The Mental Health Subcommittee of the Social Justice Committee invites you to: Company for Dinner

- no cooking
- no cleanup
- just show up, enjoy dinner with company and pay your bill

Questions? Contact Sonia Arora at sarora@uucsr.org or 516.472.2977

Thursdays | 1:00–4:00 PM or until “Game Over” | Art Gallery

Love to play games? Join every Thursday afternoon for canasta, mah jong, Scrabble, and more. All players are welcome. Bring a friend! Most game supplies are available. Questions? Please contact Lex Jellema (ljellema@uucsr.org or 516.472.2920).

Thursdays | 6:15 PM | Veatch Ballroom

Zazen Meditation—Inisfada Long Island Zen

All are welcome, beginners and experienced practitioners alike. No charge. Zazen Meditation is the practice of stilling the mind through wholehearted attentiveness to the breath. This steady attentiveness, coupled with the stillness of the body, frees the mind from its ordinary activities of thinking, daydreaming, or speculating on the nature of life. Sitting as a group encourages our individual practice! Zen is not a religion; it is a direct experience. Additional information [HERE](#) or contact Leslie Entin (917.822.0880) or Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943) if you have any questions.

Second Thursdays | 7:00–8:30 PM | Office Conference Room

Small Group Ministry led by Diana Wolfson

Learn more and register [HERE](#). Contact Jamie Walowitz (jwalowitz@uucsr.org or 526.472.2943) with 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).

Fridays | 11:00 AM | Hadley House

Medical Qigong for Senior Health led by Ashley Baldwin

April 25; May 2, 9, 16, 23, 30

Members: \$80 for 8-class package; non-members: \$112 for 8-class package; members: \$12 per-class, drop-in price; non-members: \$16 per-class, drop-in price. All are welcome to join instructor Ashley Baldwin for this Medical Qigong for Senior Health community class at Hadley House! Cultivate your center, improve balance and alignment, and build confidence in your body. Classes include gentle movement and breathing exercises, which may be done standing or sitting, and are designed to help maintain quality of life as you age. Learn more and find registration information [HERE](#). Questions? Contact Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943).

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

May 16: *Long Island*, by Colm Toibin, discussion led by Diane Mansell. From the beloved, critically acclaimed *New York Times* bestselling author comes a spectacularly moving and intense novel of secrecy, misunderstanding, and love, the story of Eilis Lacey, the complex and enigmatic heroine of *Brooklyn*, Tóibín's most popular work, twenty years later.

Visit [HERE](#) for details or contact Lex Jellema to learn more (ljellema@uucsr.org or 516.472.2920).

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

Women's Group Online Film Discussion

April 25: *You Hurt My Feelings*: A novelist's longstanding marriage is suddenly upended when she overhears her husband giving his honest reaction to her latest book.

May 16: *The Wild Parrots of Telegraph Hill*: A homeless musician finds meaning to his life when he starts a friendship with dozens of parrots.

May 23: *The Only Girl in the Orchestra*: A celebration of trailblazing double bassist Orin O'Brien, the first woman to become a full-time member of the New York Philharmonic

Visit [HERE](#) for details or contact Lex Jellema to learn more (ljellema@uucsr.org or 516.472.2920).

Saturdays | 9:30 AM | Social Hall

Yoga For All Levels, led by Mia

An opportunity for spiritual growth and centeredness
\$15 per class. Learn more on uucsr.org/calendar or click [HERE](#).

Once Monthly Saturday | April Date TBD | 9:00 AM–6:00 PM

Veatch Ballroom

Zazenkai—Inisfada Long Island Zen All-Day Meditation

All are welcome, beginners and experienced practitioners alike. One Saturday a month offers a silent meditation retreat from 9:00 AM–6:00 PM. Please join us for as much of the day as you wish! You are welcome to bring food for yourself and others to share if you would like! Register to attend [HERE](#) or contact Leslie Entin (917.822.0880) or Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943) if you have any questions.

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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

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Vice President: Aimee Vella Ripley

Secretary: TBD

Treasurer: Moin Haque

Members of the Board of Trustees

Carole Alexander Marvin Brown

Arnold Babel Dana Gumb

Claudia Barbev Larry Hass

Riki Birk Bill Kahn

April 23, 2025

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Next Quest: Wednesday, May 7, 2025 | Deadline for Content: Tuesday, April 29, 2025

Music Sunday

*Craig Hella Johnson's
CONSIDERING MATTHEW SHEPARD*

**PRESENTED BY THE UUCSR CHOIR
and SOLOISTS with THE ORCHESTRA
AT SHELTER ROCK**

Stephen Michael Smith, Conductor

Sunday, April 27 • 11:00 AM

UUCSR Worship Room Onsite and Online

**Presented as part of the Sunday morning
Worship Service with Rev. Israel Buffardi**

Craig Hella Johnson's powerful and moving work was written in response to the brutal killing of the 21-year-old University of Wyoming student and is a call to empathy, tolerance, and the best of humanity.

As with all Worship Services, the greater community is cordially invited to attend. Invite your friends and family to hear this important and powerful musical presentation in a time of uncertainty and fear in the LGBTQ+ community.

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