Human. Kind.

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

See Calendar HERE

October 7, 2026

Monthly Theme: SPIRITUALITY

Worship Services

Friday, October 9, 2026, 7:30 pm
Rev. David Carl Olson

Soulful Sundown—A blessing of our companion animals Soulful Sundown features an evening of poetry and reflection, led by Rev. David Carl Olson with live music from The Cosmic Orchestra, ONSITE and ONLINE. Guest artist **Ari Hest** joins for an ONSITE-ONLY coffee house/concert afterward. All are welcome. Never a charge! Where music resides at the heart of religious experience. Bring mementos that represent our animal companions: photographs, collars, chew toys, and all kinds of emblems that show the love we have for the non-human companions of our lives. ***No animals onsite, please, mementos only.***

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

Sunday, October 11, 2026, 11:00 am
Rev. Dr. Elaine Beth Peresluha

Indigenous People's Day This Sunday, we will honor the history of the people who, for thousands of years, stewarded the land we are on.. Land acknowledgments have become popular in many progressive settings. The sincerity of those messages is directly related to the relationship with the people on whose land we reside. How we move into right relationship with the land, with the first people, each other, and with the worldwide web of which we are a part is a deep spiritual practice.

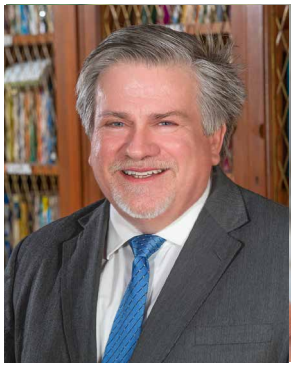
Sunday, October 18, 2026, 11:00 am
Mary Katherine Morn, President of UUSC



UUSC Worldwide Initiatives Mary Katherine Morn, President of the Unitarian Universalist Service Committee, joins us with stories from the fight for democracy around the world. UUSC partners will inspire you with their vision and their courage. To be part of this important work, both international and domestic, please sign up to receive updates and calls to action HERE or scan this QR code.

Worship Services continued on page 2

Touchstones
Rev. David Carl Olson



Dear congregation, dear community,

This time of year is when we celebrate preaching. Many of us, clergy and laity alike, are in the midst of sermonizing in a public way about the values we hold most dear. We hope that our words help form the civic conscience that will deliver certain people into office. We hope that our preaching, in pulpits, in community meetings, at the grocery store, in door-to-door engagement, will lead at the polls to representation in government of our values. Civic values, yes, that reflect the values of our faith community. Values that might be centered on Love.

It was St. Francis of Assisi who challenged us to preach in new ways and to think beyond the human family. He preached to the birds! In Bevegna, Italy, he preached to a flock of birds, a diverse flock of many kinds of birds, who did not fly away. (I haven't heard a story about how many flocks flew away before he met that special group that stayed to listen to him.)

Francis asked the birds to listen to what God was telling them in the created world. They had the food they needed. They had access to water and to places where they could nest. They had strong bodies with healthy feathers. And they had the amazing capacity to fly, to soar to great heights, even to be close to God. For this, he thought the birds should be thankful.

Francis shocked some of his own kindred. People from whom he had sought encouragement to continue in ministry had urged him not to forsake his gift of preaching and teaching. But they had never imagined that his preaching would be to anyone other than the human family. Francis was awakened by the birds to the wisdom of a creation that is always teaching, awakened to the breadth of creation, which is always more diverse and complicated and generous than one might otherwise observe.

At Soulful Sundown on October 9, we will think about our animal companions, both those in the wild and the special animals who accompany us in our lives. We will be invited to decorate an altar table with mementos that represent our companions:

Touchstones continues on page 2

Worship Services
continued from page 1

Sunday, October 25, 2026, 11:00 AM
Rev. David Carl Olson

The Spooky and the Spiritual A thoroughly modern people (like members of our congregation) might resist the supernatural as some kind of superstition. We also can have fun dressing up in spooky costumes and love a good ghost story. What about these expressions of the spooky can open up in us a path to the spiritual? How can even a humanist like me find a connection to the holy in the imagination the spooky may evoke? All are invited to wear something fun and to take part in a Halloween costume parade.

Sunday Café

Social Hall | Following Sunday Morning Worship Service

ADULTS $10:
New menu each week, includes tossed salad and dessert
Vegetarian and vegan options are always available
CHILDREN ONLY $5 kids' meal:
chicken fingers, mac and cheese, fruit platter
All meals include lemonade, unsweetened iced tea, dessert

Caring Committee
Suzanne Viverito, Chair

Seasonal Birthdays Celebration
Sunday, October 18, 2026
12:00–1:00 PM | Social Hall



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

Bookstore Committee
Lorraine Shiff, Chair

The Bookstore will be hosting ongoing presentations by UUCSR authors.

- **Sunday, October 18, 2026 | 1:15 PM | Chapel:** Join Maryann Zappulla, Hugh's life partner and book producer, for a presentation about Capt. Hugh M. Stephens and his memoir, *Still Afloat: A Life at Sea and Ashore—Not Overboard Yet.* Questions and Discussion to follow the presentation.
- **Sunday, November 15, 2026 | 1:15 pm | Chapel:** Latifa Yusufi Woodhouse will present, "From Kandahar to Long Island: The Transformative Power of Education and Hope." The program will be an author presentation, reading, and audience conversation about her memoir, *Latifa Unveiled.*

Touchstones
continued from page 1

photographs, collars, chew toys, and all kinds of emblems that show the love we have for the non-human companions of our lives. While we will not invite our animals to be present on that evening, we will send home little bags of treats for our companions.

Our collective reflection will be, I hope, a blessing. A blessing of our companion animals, yes. A blessing of each other. A blessing that allows us to see all of creation in richer ways and to learn from her. To learn from her.

And maybe, just maybe, our hearts will be settled and our minds more centered on what we need to be doing in the world to deliver the government that is needed for all the animals, including us, that share this rich and generous world. (Go vote and convince your neighbors to do so, too!)

In a faith that barks and meows and frees,

David Carl Olson
"The Kids Call Me 'Rev'"

Jessica M. Hess
Director of Lifespan Religious Education

Our Year of Transformation in RE

Our year of transformation in RE this year includes refreshing the spaces and piloting new curriculum and that includes our signage. The RE wing is a magical space where growing and connection happens, but it's also a very long and winding space. You will see a symbol for each group this year which will help with wayfinding for everyone, especially our littles who can't yet read. There are signs in the hallways, as well, to help find your way to the new Meditation Room and nearest restrooms. We hope you get a chance to see what has already been transformed in the RE wing this year.

Play Group - Newborns through Age 3
Spirit Play - 4-Year-Olds through Grade 2
Woven Faith - Grade 3 – 5
Crossing Paths - Grades 6 & 7
Coming of Age (COA) - Grades 8 & 9
Youth Group - Grades 10 through 12
Every Child - Sensory Centered
Meditation Room- All Ages
OWL - Our Whole Lives
Adult RE Programs

Katerina Dembris
Director of Operations

Inclement Weather

As winter approaches and weather conditions remain unpredictable, we would like to share UUCSR procedures for addressing inclement weather and ensuring the safety of our congregation. Our goal is to keep the building open whenever possible, particularly on Sundays, as we recognize the importance of gathering together as a community.

All weather events are taken seriously, with the safety of our congregation, staff, and visitors as our highest priority. Our team has the necessary tools and resources available on site to address snow and other winter weather conditions.

Decisions regarding delayed openings or facility closures are made collaboratively by the Congregation Operations Administrator (COA), the President, Ministers, and the Director of Operations (DOO), based on current weather and property conditions.

Enhanced Weather Communications

Moving forward, we will provide enhanced communication to the congregation regarding the status of the property during weather-related events.

- Member Notifications: Updates may be communicated through a combination of text messages, phone calls, and email. Please ensure that your contact information is current in the Member Directory.
- Website will be updated with any delays or closures of the property.

We will be testing our Notification System on Thursday, October 29, 2026
All members and staff will receive a test call/email/text. If you do not receive a notification, please send an email to Linda McCarthy at Lmccarthy@uucsr.org to be added to the list.

Safety Reminder

Please use caution when traveling to and from the building during winter weather. Our driveway can become particularly challenging during snow and icy conditions. If your vehicle is not equipped with all-wheel drive, shifting to a lower gear may provide additional traction and help you navigate the driveway more safely.

Thank you for your understanding, cooperation, and continued commitment to the safety of our congregation. We appreciate everyone's efforts to help maintain a safe and welcoming environment for all.

Veatch House Elevator Update

We would like to share an update regarding the elevator at the Veatch House.

The Veatch House elevator has been out of service, and over the past several months, we have worked with two separate elevator companies to explore repair options. Unfortunately, due to the age and condition of the existing equipment, neither company was able to make the necessary repairs to return the elevator to reliable operation.

After careful consideration, we have ordered new elevator units for both the Veatch House and the Main Building. The new units are currently expected to be installed in early 2027.

In the meantime, we want to ensure that everyone can continue to access the Veatch House. Visitors may enter through the **Main Entrance** or access the Veatch House through the **Art Gallery Terrace**.

We appreciate your patience and understanding as we work through this process. We look forward to having both new elevators in service in 2027 and providing improved, reliable access for everyone.

Adam Barshak
Congregation Operations Administrator



Bylaws Hearing Notice

In compliance with Article 15.2 of the Bylaws, a congregational hearing will be held on Monday, October 19, 2026, at 7:00 PM to review amendments to Article VIII (Committees) and Article IX (Program Council). The amendments were recommended by the Bylaws Committee to the Board of Trustees and approved by the Board of Trustees to be presented for a vote at the Sunday, November 1, 2026, Congregational Meeting.

Information presented to the Board of Trustees at its Wednesday, September 15, 2026, meeting, including the amendments, their rationale, and the associated Board of Trustees policies and transition framework, is available HERE.

The hearing will be held remotely and can be accessed via Zoom through the following link HERE.

Respectful Relationships Team (RRT)
Paul Carbone, Chair

Big Feelings, at Every Age
Finding ways to care for ourselves and one another

Feeling left out, waiting for a turn, or disagreeing with someone we care about can be difficult at any age. The situations may change as we grow, but frustration, hurt, and the wish to be understood stay familiar.

Our congregational covenant asks us to treat one another with care and respect. Putting that promise into practice takes patience, and all of us are still learning. Children need support as they learn to express their feelings, and adults sometimes need that support, too.

Here are a few practices, adapted from suggestions from Zucker Hillside Hospital, to try ourselves or explore with the children in our lives. They offer ways to listen, enjoy one another, and find our way back when things have been difficult.

Notice the good—including in yourself
Look for qualities you appreciate in others and let them know. Remember to recognize your own strengths and efforts, too.

Does this need to be a contest?
An intense focus on winning can add tension to our interactions. Look for opportunities to cooperate and enjoy shared success.

Talk it through
You do not have to carry every worry alone. A trusted friend, minister, counselor, or other caring listener can offer space to share what is troubling you.

Try another angle
Is there another way to look at the situation? A different perspective may help a challenge feel more manageable or reveal another way forward.

Make room for play
Enjoy something simply because you like it. You do not need to be good at it! Be curious, get creative, or try a new pastime for a week and see how it feels.

Practice understanding and forgiveness
Take time to consider another person's perspective. Understanding and, when possible, forgiveness may help ease frustration and bring greater peace of mind.

Something to try together
Choose a quiet moment with a child, a family member, or a friend, and take turns asking:

- What helps you feel heard when you're upset?
- Would you rather have company, some space, or help talking it through?
- What is something we enjoy doing together?

There are no perfect answers. The idea is to listen and learn a little more about one another.

We're in this together.

Submitted by Monica Schlichting
Respectful Relatationships Team

Art Committee
Paul Kopelow, Chair



***Cross Currents* by Muttontown Art Collective**
Art Reception NEW DATE: Sunday, October 18 | 1:00–3:00 PM
Exhibit on display: September 18–October 19, 2026
All are welcome!

Exhibiting Artists and Members of The Muttontown Art Collective: Mary Behling, Simon Fenster, Marceil Kazickas Denise Kramer, Suzanne Liff, Barbara Miller, and Ellen Hallie Schiff

Watch video HERE.

Men's Group
Bernie Fitzgerald, Chair

Science Discussion Network | NEW DATE AND LOCATION
Sunday, October 18, 2026 | 1:00 PM
Onsite in the RE Room 4 and Online via Zoom

Join the discussion on "How Declining Birthrates Are Reshaping Our Future," presented by UUCSR member Gerry Matusiewicz.
Worldwide, birthrates are declining. How will this affect our economy, workforce, healthcare, education, and more? Is this a normal cycle or an existential problem?

Join Zoom HERE. Contact Elaine Corrao at 516.472.2933 or ecorrao@uucsr.org for information.

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

Music at Shelter Rock
Stephen Michael Smith, Music Director



A joyous exploration of JAZZ with Alphonso Horne!

Musicians of all ages and levels welcome

YOUTH ARE ESPECIALLY WELCOME!

For further information, please contact

904.707.9031 or alphonsohorne@gmail.com

Rehearsals Sunday Mornings | 9:00–10:00 AM | Music Studio A

Questions? Contact Jamie Walowitz

jwalowitz@uucsr.org, 516.472.2943



CABARET AT THE ROCK
Saturday, November 7 | 7–9 PM | Social Hall

$20 | Fundraiser for Edward Miller Memorial Scholarship Fund

CHAMBER MUSIC AT SHELTER ROCK: NATHANIEL LANASA & FRIENDS
Sunday, November 8 | 1:30–2:45 PM | Worship Room

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

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

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

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

Religious Education (RE) Committee
Rosara Torrisi, Chair

A Huge Homecoming Success—Rain or Shine!

What an incredible day! Our RE Homecoming event was a resounding success, and we couldn't be more thrilled with how everything turned out.

While Mother Nature decided to send a little rain our way, it certainly didn't dampen our spirits. Thanks to an indoor setup, the energy stayed high, and the fun didn't stop for a second!

From the high-flying excitement of the bouncy house to all the fantastic activities, seeing so many families smiling, playing, and having the time of their lives made every bit of planning and effort completely worthwhile.

Very Special Shoutouts

A massive thank you goes out to **Adam Barshak and Katerina Dembris and their incredible teams!** Managing vendors, tables, room arrangements, and a quick shift indoors is no easy feat. Their exceptional coordination, hard work, and adaptability behind the scenes made all the difference in bringing this event together smoothly.

Thank you so much to **Stuart Ralph** for volunteering your time and effort to bring Spin Art to UU Homecoming! The RE community deeply appreciates how you bring this activity to life at so many of our events—it is always a crowd favorite for kids and adults alike!

Thank you to the larger **Homecoming Committee**, led by **Klaus Masuch**, who listened to all the feedback and made this the best Homecoming gathering yet!

Thank you to everyone who joined us, brought the energy, and helped make this year's Homecoming so memorable. We appreciate all that our community does to support these special events!

Warmly,
The RE Homecoming Team
Wendy Cheung, Monica Schlichting, and Caroline Forger

LGBTQ+ Sub-Committee of Social Justice Committee
Charlene Greenberg, Chair

Dear LGBTQ+ Friends, Please come join any meeting on Tuesday nights via Zoom. Check in at 6:30 PM; gather for facilitated conversation at 7:00 PM.

Join Zoom Meeting HERE
Meeting ID: 883 3817 4041, Passcode: 557032

DATE	LED BY	TOPIC
10/13	Open Chat	

Social Justice Committee
Sonia Arora, Social Justice Coordinator

There will be a rally to support the New York Health Act on Saturday, October 17, at 11:00 AM in front of the Nassau County Legislature building in Mineola. Please join the Social Justice Committee in supporting this legislation. For more information, go to: https://www.nyhcampaign.org/

On Saturday, October 10, 10:30 AM–12:30 PM, in RE Room 6, the Social Justice Committee will be writing postcards with Nina Gordon of Singing Resistance and other members.

The postcards are created by the American Humanist Association, which is mobilizing to send thousands of handwritten postcards to Virginia voters, urging them to vote yes on Question One, which would enshrine reproductive freedom as a fundamental right in Virginia's state constitution.

Social Justice Committee
Shanti Flot, Chair

- Visit one of our sister congregations, South Nassau UU Congregation in Freeport for an artist reception on Saturday, October 17.
- Many thanks to Maija and Barry Nobel for facilitating postcarding to Southern Voters of Color. The last batch was completed on Sunday, October 4, by the RE Youth Group (formerly known as the "Senior Seminar") as their first project of the 2026–2027 year.
- The LGBTQ+ Subcommittee of the SJC welcomes the 10:30 AM postcarders of the American Humanists to stop in to view the documentary on Harvey Milk at 12:30 PM, also in the RE Wing (see page 8).
- The food pantry and clothing rack are located in the corridor on the side of the Main Kitchen, in back of the Social Hall. Clothing may be tried on in the restrooms. Feel free to avail yourselves of both the food pantry and clothing.

Green Sanctuary Committee
Jennifer S. Roth, Chair

Climate Justice

Our Oceans and Climate Changes
Our oceans are naturally adept at absorbing carbon dioxide from the atmosphere. However, they no longer can absorb the usual 30 percent of human carbon dioxide emissions. The ocean has warmed up, which is harmful to ocean life. Greenhouse gases from fossil fuels, tpee destruction of forests, and other natural environments have contributed to this decline in capacity.

The United Nations Panel on Climate Change has reported that reducing emissions cannot lower global temperatures or prevent ocean acidification. Other measures are needed to combat this change, such as trees planted on land and carbon capture from the atmosphere, which is stored underground. In order to regulate the issues facing the climate, environmental groups, in partnership with governments, might begin to accomplish these solutions in collaboration.

Elaine Peters, Member of Green Sanctuary

Climate Change: Who's In Control?
This article is a continuation of the September 23 *Quest* article, which was a review of Rick Shaper's presentation given to the Science Discussion Network led by Herb Klitzner. The suggestion at the onset was one's capacity to hold conflicting ideas in the mind simultaneously. The previous article left off with the Vostok ice core patterns in Antarctic and Arctic regions. The point being that ice cores are most effective at recreating long-term records of temperatures and atmospheric gases. There is consistency in the temperature patterns over the course of hundreds of thousands of years. Cycles play key roles in temperature and climate.

Approximately 100 years ago, a Serbian geophysicist, Milutin Milankovitch, stepped onto the earthscape with his own hypothesis, which emphasized a simple explanation: the earth's position relative to the sun was more of a long-term indicator. He focused on three orbital movements, which in turn affected the relative solar radiation the earth received. Milankovitch delineated three cycles representative of the orbit, the angle of the earth's axis relative to the orbital plane, and the direction the earth's axis is pointed. The graph of temperature and tracking Milankovitch's cycles of solar radiance was somewhat congruent in pattern, yet altogether radically opposed during key cycles. These patterns are not new; they're ancient. To be continued in the next *Quest*.

Bee Season 2026
According to *The Bee Conservatory*, a notable blog on native and honeybees, this year's recovery from the massive bee population decline that has been happening over the last decade is an improvement worth noting. The four obstacles that threaten bee populations include pesticides, the varroa mite, habitat loss, and climate change. An early spring can prove disastrous. The good news is that rewilding efforts, rooftop gardens in urban areas, and educational awareness have proven efficacious in the struggle to save bee populations and, ultimately, how our agricultural industry survives. UUCSR'S Wildflower Meadow is thriving and contributing to this initiative; don't miss the Meadow Seed Toss Ceremony, Sunday, October 25, after Services (see page 9). Be sure to thank AnneMarie Ansel, Dana Gumb, and Agnes P. Cwalina, as they have been instrumental and arduous in their efforts

Jennifer S. Roth, Chair, Green Sanctuary

Land Management Ecologist
Agnes P. Cwalina

Removal of Introduced Species…or Wreath Crafting?
…can we do both???

Walking through the forest, it's common to see vines climbing and winding their way along the forest floor, and more often atop shrubs and trees.

The three most common vines in the UUCSR forest include the native *Smilax rotundifolia* (roundleaf greenbrier) and two introduced species: *Celastrus orbiculatus* (roundleaf bittersweet) and *Ampelopsis glandulosa* (porcelain berry). Removing the latter two is a prioritized forest management strategy; liberating native species from encircling vines requires only a simple cut.

The initial cut decreases the plant's ability to smother the plant it is climbing. Pulling the vine's root is an additional helpful step. However, what if we could have a secondary (or maybe primary) positive use for these plants? Since they are naturally twining vines, they easily wrap around each other and can be used for crafting, such as making wreath frames.

Autumn is a great time for harvesting the woody vines of bittersweet and porcelain berry for wreath making. It's also the time to harvest flowers to dry and enjoy throughout the colder months. In this spirit, we invite you to participate in an evening of wreath crafting with Congregant Chris Hilke and Land Management Ecologist Agnes P. Cwalina. Crafting ingredients include grasses, meadow flowers, and of course forest vines from the UUCSR grounds. Supplemental celosia, strawflowers, and lavender are sourced from family flower farm Charles Little & Company. Tickets are $25 per person and include instruction from Chris and Agnes, all materials, and light refreshments. Sign up for the event on October 29, 5:00–7:00 PM at uucsr.org/26Autumn. (See page 9.)

Contact Agnes P. Cwalina, UUCSR Land Management Ecologist, with comments at acwalina@uucsr.org.



wreath frames made from forest vines



botanical ingredients for wreath crafting

Denominational Affairs Committee (DAC)
with the support of Rev. Meagan Henry

Multigenerational Pilgrimage to Transylvania
April 22–May 1, 2027
Reserve your spot today.

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

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

In order for you to attend this Pilgrimage, you must register and pay a non-refundable $500 deposit to reserve your spot by Friday, October 30, 2026. The final Pilgrimage Cost is due by Monday, March 15, 2027.

We encourage you to register HERE using the selection "Expression of Interest in Pilgrimage" now to indicate your interest in attending this Pilgrimage without officially registering and paying the non-refundable $500 until Friday, October 30, 2026.

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

Staff Work Anniversaries
October

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

Rev. David Carl Olson,
Associate Minister for Congregational Life
Celebrating 4 years on October 1

Sarah Moulton Faux, Soprano Section Leader/Soloist
Celebrating 5 years on October 3

Noriko, Ueda, Service Bass Player
Celebrating 7 years on October 6

Erin Pryor Ackerman,
Grants Administrator for the Veatch Program
Celebrating 6 years on October 13

Roberto Aguirre, Facilities Technician
Celebrating 20 years on October 29

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.



NATIONAL COMING OUT DAY
SATURDAY, OCTOBER 10
RE WING ROOM 4
Lunch at 12:30 PM
Movie starts at 1:00 PM

The LGBTQ+ sub-committee of Social Justice invites you to spend an afternoon watching this documentary together with a light lunch and beverages. Discussion to follow.

The Times of Harvey Milk documents the political career of Harvey Milk, who was San Francisco's first openly gay supervisor. The film documents Milk's rise from a neighborhood activist to a symbol of gay political achievement, through to his assassination in November 1978.

Registration suggested so we can plan for food. Free to all.

REGISTER HERE
uucsr.org/26Milk

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



with BILLY HUYLER

Thursdays
• 5:45-6:45 PM •
Music Studio B

Sharpen your vocal skills and understanding of the elements of music.

FIVE INITIAL SESSIONS
October 15
October 22
October 29
November 5
November 12

$5 per session | $20 for all five

REGISTER HERE
uucsr.org/26Singing

Questions? Contact Jamie Walowitz
at 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.



The UUCSR Meadow is in its tawny and wispy autumn glory!

Join the Green Sanctuary and Buildings + Grounds Committees in celebrating this diverse habitat of flora attracting a multitude of dragonflies, butterflies, bees, and birds in its first season.

We'll participate in a seed toss, meadow exploration, and cyanotype artmaking (sunshine dependent). All congregants and friends invited!

Questions? Contact Agnes P. Cwalina
acwalina@uucsr.org, 516.472.2935



Autumn is a great time for harvesting flowers to dry and enjoy throughout the colder months. In this spirit, we invite you to participate in an evening of wreath crafting with Congregant Chris Hilke and Land Management Ecologist Agnes. Crafting ingredients include grasses, meadow flowers, and forest vines from the UUCSR grounds. Supplemental celosia, strawflowers, and lavender are sourced from family flower farm, Charles Little & Company.

Tickets are $25 per person. Please register by Sunday, Oct 25.
All materials, instruction, and light refreshments included.

Questions? Contact Agnes P. Cwalina
acwalina@uucsr.org, 516.472.2935



COME DRESSED IN COSTUME FOR...

DINNER + DJ SPINNING TUNES
SPOOKY WALK (WEATHER PERMITTING)
BALLOON ANIMALS | PUMPKIN DECORATING
SPIN ART | CUPCAKE DECORATING
FORTUNE TELLER | GHOULISH GAMES
+ MUCH MORE!

$5 PER PERSON | $20 PER FAMILY

SHARE THE WORD AND BRING FRIENDS, FAMILY OR NEIGHBORS!

REGISTER HERE
uucsr.org/REHalloween26

VOLUNTEERS NEEDED!

FRIDAY, OCTOBER 23
Join for pizza, decorating & a costume swap from 6–8 PM in the Veatch House
Bring a gently used or new costume to donate or swap—no donation required to take one.

SATURDAY, OCTOBER 24
Volunteer from 5–8 PM in the Veatch House to help with activities, crafts, the spooky walk & more!

TO VOLUNTEER
uucsr.org/REVolunteer26

Questions Contact
Caroline Forger at 347.996.0203

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
October 18, November 22, December 20
Silent Book Club
Enjoy reading in community! Grab your favorite book, a cozy blanket (or chair if you fancy), and don't forget some tasty snacks to share. What is Silent Book Club, you may wonder? We meet once a month, we chat for a few minutes, read for an hour, followed by more chitchat...that's it! There's no assigned reading! We bring whatever we're reading: e-books, hard copies, textbooks, comics, even audiobooks. All genres welcome! See you and your book at the next meeting! Please click HERE to sign up and we're so excited to meet you! Questions? Contact Caroline Forger at uushelterrocksbc@gmail.com.

First Mondays | 7:00–8:00 PM | ZOOM
Small Group Ministry (Resuming in October)
led by WinterFlower Robinson
Learn more and register HERE. Contact Jamie Walowitz (jwalowitz@uucsr.org or 516.472.2943) if you have any questions.

Third Mondays | 10:00 AM | Via Zoom
Care for the Caregiver
Caron Hunter, a holistic health care provider and interfaith minister, leads sessions for those who care for spouses, parents, family members, and friends who are navigating the physical/emotional/mental challenges that caregiving brings. It is a confidential group for those who would welcome support. Please email info@turninginwardwithcaron.com for information on joining the group. Sponsored by the Caring Committee. No charge to participate.

First and Third Tuesdays Monthly
12:00–2:00 PM | Onsite Office Conference Room and Online Zoom
Women Talk Daytime is cancelled for September
Questions? Please contact Elaine Corrao (ecorrao@ucsr.org or 516.472.2933).

Tuesdays | 6:30 PM | Via Zoom HERE
Gatherings with LGBTQ+ Friends
The LGBTQ+ Sub-Committee Gatherings are not just for Queer folk—the + includes friends, allies, and parents. Check in at 6:30 PM; gather for facilitated conversation at 7:00 PM. *(See page 5 for more information.)*

Tuesdays: October 13, 27; November 3, 10, 17
10:00–11:15 AM | Art Gallery at UUCSR
Build a Better Brain: Live Better
Fee: $90 for Members; $120 for Non-Members. Boost brain health. Calm the mind. Feel more focused, balanced, and energized. Discover simple, practical techniques with Dr. Fern Engelson in this empowering six-week course designed to help you strengthen, protect, and support your brain—now and for years to come. Start where you are—everyone is welcome. Movements are adaptable for every body, and no prior experience is needed. Learn more and find registration information HERE. Contact Jamie Walowitz (jwalowitz@uucsr.org or 516.472.2943) if you have any questions!

Third Tuesdays | 10:30 AM | Via Zoom
Living with Cancer, led by Caron Hunter
People living with the challenges of a cancer diagnosis may join a safe, confidential group where members may share their experiences with others who understand the intricacies. In this supportive environment, we lift each other up, learn tools for coping with stress, meditate together, and open a prayerful spirit within ourselves to encourage healing. Please email info@turninginwardwithcaron.com for information on joining the group. Sponsored by the Caring Committee. No charge.

Wednesdays | 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 *Spirituality*. To join, click HERE. Questions? Please contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

Second Wednesdays | 11:00 AM–12:30 PM | Hadley House Community Room
Small Group Ministry (Resuming in October)
led by Deborah Siegel and Lilyan Strassman
Learn more and register HERE. Contact Jamie Walowitz (jwalowitz@uucsr.org or 516.472.2943) if you have any questions.

Ongoing Event Highlights

Listed Sundays to Saturdays

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

Thursdays | 1:00–4:00 PM, or until "Game Over" | Check uucsr.org/calendar weekly for location.
Bridge, Canasta, Games & Fun
UUCSR is the place to be for an afternoon of fun and games on Thursdays. Not only Bridge and Canasta. We provide the games Mah Jong, Scrabble, Rummikub, Dominos, etc., and invite you to come for a social afternoon. Players of all levels are welcome. Bring your friends who enjoy playing. You'll make new friends, too. All are welcome. Questions? Please contact Elaine Corrao (ecorrao@uucsr.org or 516.472.2933), Carla Drezner (stargatecd@aol.com) or Sandra Hazel Frank (sanwin@optonline.net).

Thursdays | 6:15 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 | 10:45–11:45 AM | In-Person in Lounge at Hadley House or on Zoom
Medical Qigong for Senior Health—Fall 2026, led by Ashley Baldwin
Fridays, October 9, 16, 23, 30
10:45–11:45AM | In-Person in Lounge at Hadley House or on ZOOM
Contribution: $16 drop-in All are welcome to join us for this Medical Qigong for Senior Health community class in the Lounge at Hadley House or via Zoom! Cultivate your center, improve balance and alignment, and build confidence in your body. Classes include gentle movement and breathing exercises, which may be done standing or sitting, and are designed to help maintain quality of life as you age. Learn more and find registration information HERE. Questions? Contact Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943).

23rd of Every Month via Zoom | 6:30–7:00 PM
Online Vigil to End Solitary Confinement
All are welcome to join the Social Justice Committee of UUCSR for the online vigil on the 23rd of every month to end Solitary Confinement. Gather to remember those in our prisons and jails condemned to the torture of solitary confinement, 23 hours a day in a small cell without meaningful human contact for days, weeks, months, years, even decades. To be included on the Emailing List, please write to Social Justice Coordinator Sonia Arora at sarora@uucsr.org. Join Zoom HERE.

Fridays via Zoom | 12:00 PM
Great Books
All are welcome to join us as we read and discuss books together, building both our knowledge and sense of community. The Great Books group provides a fun, learning experience combined with good conversation and critical thinking. Click HERE to register! Please contact Jamie Walowitz with questions (jwalowitz@uucsr.org or 516.472.2943).

Third Fridays | 3:30 PM
Women's Group Online Book Series Discussion
October 9, 2026 (note this is the 2nd Friday of the Month):
The Correspondent by Virginia Evans
Discussion led by Mary Lou Kluger
Through letters to various recipients, Sybil Van Antwerp examines her life and confronts a painful past, learning to find forgiveness and move forward. Visit HERE for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

Third Fridays | 7:00 PM
Women's Group Online Film Discussion
October 16: *Voicemails for Isabelle*. *Voicemails for Isabelle* is a 2026 American romantic comedy-drama film written and directed by Leah McKendrick and starring Zoey Deutch and Nick Robinson. The plot follows Jill, who, to cope with the loss of her sister Isabelle, begins leaving voicemails on Isabelle's phone number. Unbeknownst to her, the number has been reassigned to a man named Wes, who begins to fall in love with Jill. The film was released on Netflix on June 19, 2026, and received generally positive reviews from critics. Visit HERE for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

Saturdays | 9:30 AM | Art Gallery going forward (Sometimes in Veatch Ballroom or Social Hall)
Yoga For All Levels, led by Mia
An opportunity for spiritual growth and centeredness. $15 per class. For more information and to register, click HERE.

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

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK
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President: Aimee Vella Ripley
Vice President: Paul Carbone
Secretary: Claudia Barbey
Treasurer: Moin Haque

Members of the Board of Trustees
Carole Alexander
Arnold Babel
Riki Birk
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October 7, 2026

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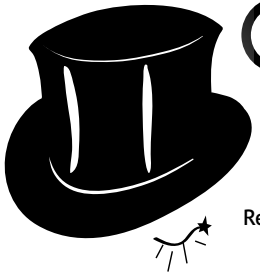
Next *Quest*: Wednesday, October 28 | Deadline for Content: Tuesday, October 20

23RD ANNUAL

CABARET

AT THE ROCK

with Suzanne Viverito as Artistic Director



Rehearsals will take place every Saturday in October from 2–5 pm at UUCSR.

Those dates are as follows:

Saturday, 10/3/26 - Music Studio B (former Jazz Ensemble Room)
Saturday, 10/10/26 - Music Studio B
Saturday, 10/17/26 - Music Studio B
Saturday, 10/24/26 - Social Hall
Saturday, 10/31/26 - Social Hall





Dress Rehearsal	**Cabaret at the Rock**
Friday, November 6, 2026	Saturday, November 7, 2026
6 PM–9 PM	7 PM–9 PM
Social Hall	Social Hall

Questions? Contact Jamie Walowitz
jwalowitz@uucsr.org, 516.472.2943

George Frideric Handel

Messiah Sing 2026
CALL FOR MUSICIANS

The Orchestra at Shelter Rock
Stephen Michael Smith, Conductor

REHEARSALS:

Thursday, December 3	Saturday, December 5
7–9 PM	11 AM–1 PM

PERFORMANCE:
Sunday, December 6
1 PM Call | 1:30 PM Performance

Rehearsals and performances at UUCSR
48 Shelter Rock Road, Manhasset

Music will be available in advance.
Music stands and lights provided.

Contact Orchestra Librarian Sylvia Cordero-Skidmore at UUMusic@uucsr.org to reserve a seat.

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