



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



October 23, 2025

Monthly Theme:
**CULTIVATING
COMPASSION**

WORSHIP SERVICES

SUNDAY, OCTOBER 26, 2025, 11:00 AM

Rev. Dr. Natalie Fenimore

When We Are Frightened In this season of Halloween, All Souls Day, and Day of the Dead, we are invited to wrestle with our fears and commune with our ancestors. How can being a community of memory and hope lift us from fear? Feel free to attend in costume. The Young People's Choir will sing.

SUNDAY, NOVEMBER 2, 2025, 11:00 AM

Rev. Dr. Natalie Fenimore

Nurturing Gratitude Gratitude and appreciation are at the center of building a caring culture. What are our ways of nurturing gratitude? How do we show appreciation? What can we be grateful for even in hard times?

SUNDAY, NOVEMBER 9, 2025, 11:00 AM

Rev. David Carl Olson

Religious, Not Spiritual Being religious involves uniting ourselves with a people and a group of shared practices. In a time when many people in our culture describe themselves as "spiritual but not religious," we, by showing up each Sunday, display a religious practice of diverse spirituality. We can be grateful that we may lean into each other in a time when our polarized culture would tear us apart. In a morning of considering how it is we practice our Sunday morning faith, Rev. Olson will share his background in liturgical theology. We'll sing through our hymnals and consider some of our shared readings, and he'll tell stories about how he imagines what our practice includes.

SUNDAY, NOVEMBER 16, 2025, 11:00 AM

Rev. Meagan Henry

The Zen of Roller Derby What happens when ministry meets roller skates? How did a Roller Derby league become a spiritual practice? Join us in welcoming our incoming Associate Minister as she shares how an unlikely community taught her profound lessons about gratitude for congregational life, trust-building through mistakes, and the deep relationship work that sustains us through conflict and change.

TOUCHSTONES

Rev. David Carl Olson

Cultivating Compassion requires many kinds of communication. Among these are words. Among these are works of art.

Rev. Elizabeth Tarbox, in her meditation manual, *Evening Tides*, wrote

Let's keep talking, my love.
Words we have to spare:
love words and angry words,
and beneath them
hurting, bleeding, dying words,
and beneath them
words melted by fire
and hardened by ice,
words of sadness and truth
birthed from the cavern of tears.



We've been learning about having difficult conversations. It gets preached about and otherwise referred to. And we've had a whole workshop of it! But that doesn't make it easy, and it doesn't make it happen in just one try.

Aisha Hauser encouraged us to be clear with ourselves about what we were trying to accomplish in our communication. Her "flow chart" of decisions argues that when we begin with the desire "to win" or "to be right," we need to go back to find empathy for ourselves. To understand what of a difficult conversation is about something inside of me—and to attend to that—and what is about the topic of the difficult conversation.

My aim with our Respectful Relationships Team is to create more opportunities to practice expressing ourselves in ways that are self-empathetic and with empathy for conversation partners. Such practice may help us have deeper and even more difficult conversations as we successfully accomplish what clinical psychologist Ellen Hendriksen calls, "The Reveal." We may come to the place most transparently to express our deeper selves.

And not in a single conversation!

Among the ways we communicate are works of art. The recent

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TOUCHSTONES

continued from page 1

sharing of a work of art, the compilation of 22 short films by Palestinian filmmakers in Gaza, "From Ground Zero," was a kind of communication-beyond-words. That communication was followed by three Palestinian voices with many words. The cumulative effect of that communication almost defined what it is to have a difficult conversation.

The conversation, with its difficulty, was somewhat one-sided. Only the Palestinian film and the Palestinian guests spoke. The fuller difficult conversation, with its deep emotional content, its "words of sadness and truth birthed from the cavern of tears" could never be accomplished in one sitting.

On **Sunday, November 16, at 1:00 PM**, in the Veatch Library, I will offer an opportunity to share words of deep emotional content in a place of empathy and trust. I will offer on the third Sunday of each month a time and place for Practicing Empathy in our communication with one another. (And as always, the ministers are ready for such conversations one-to-one with all of our congregants.)

So, we'll begin a practice of applying the concepts of non-violent and compassionate conversation we have started, and, trusting in the community we are creating, "let's keep talking, my love." About the film and panel, about our feelings and perspectives, about our lives! Thus, we may accomplish The Reveal. We have words to spare, Rev. Tarbox says. And compassion, too.

MILESTONES

We ask for phone calls, cards, and well wishes for... Sylvia Specht who is currently convalescing at home after a fall. She has a concussion and broken ribs. Sylvia can be reached at (516) 921-4199 and cards can be sent to her at home. She has requested no visitors currently.

*Sylvia Specht
5 Virginia Road
Syosset, NY 11791*

SUNDAY CAFÉ

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

CHILDREN ONLY \$5 kids' meal:

chicken fingers, mac and cheese, fruit platter

ADULTS \$10:

Oct 26: assorted party heros, cold pasta salad, tossed salad

Nov 2: hot roast beef in gravy, mashed potatoes, steamed vegetables, tossed salad

Nov 9: roasted chicken, roasted potatoes, steamed broccoli, tossed salad

All meals include lemonade, unsweetened iced tea, dessert

BYLAWS COMMITTEE

Klaus Masuch, Chair

Congregational Listening Session—October 26

The Bylaws Committee will hold a Congregational Listening Session on **Sunday, October 26, at 12:30 PM**, in the Art Gallery. The session will focus on proposed amendments to Articles VII and IX of the bylaws, which have been reviewed by the Committee and approved by the Board of Trustees.

The proposed changes would remove all named committees from the bylaws. Instead, the Board of Trustees would establish policies to create and manage committees that support the Board's work. This approach would provide greater flexibility to form, modify, or dissolve committees as needed—without requiring a formal bylaws amendment each time.

Under this new structure, committees would fall into two general categories:

Supporting Entities to the Board of Trustees

Support the Board's oversight of the Congregation's temporal affairs.

Program and Ministry Groups

A. Program Groups shall engage in activities that promote fellowship, external community engagement, and support the ability of members to live denominational values through congregational action.

B. Ministries shall engage in activities associated with the promulgation of faith, spirituality, and denominational connection, generally occur within all UU congregations and are associated with the primary duties of its ministers.

Further, both Program Groups and Ministries shall be coordinated with and overseen by the Lead Minister.

We recognize that these proposed changes are significant and invite all members of the congregation to participate in this important conversation. The session on **October 26** will be a valuable opportunity to ask questions, share feedback, and better understand the intent and implications of these revisions.

PUMPKIN PATCH AT GARDEN CITY

The annual Pumpkin Patch at the Unitarian Universalist Congregation of Central Nassau in Garden City opened Saturday, September 20, and it is open daily through Halloween. The Pumpkin Patch is a great place for family fun close to home where children can pick out their own pumpkins. The Pumpkin Patch is a fundraiser that benefits the Navajo Nation in New Mexico where the pumpkins are grown. There are also fall flowers, baked goods, Amish pickles and jams, and Halloween decorations for sale.

The Pumpkin Patch at UUCCN is located at 223 Stewart Avenue, Garden City, at the corner of Nassau Blvd. Open weekdays 11:00 AM–6:00 PM, and weekends 10:00 AM–6:00 PM.

BOARD OF TRUSTEES

BOARD OF TRUSTEES AGENDAS

Tuesday, October 21, 2025

- 7:00 PM I. Opening Words: Ministers
7:05 PM II. Welcome to Rev. Meagan: Rev. Dr. Natalie Fenimore, Lead Minister
7:10 PM III. September 2025 Minutes: Claudia Barbey, Secretary
7:15 PM IV. Duties of Non-profit Directors/Anti-Discrimination-Harassment Presentation: Dominique Moran, Farrell Fritz
7:45 PM V. Veatch Resolution Amendment: Diane Lombardy, Chair
8:00 PM VI. Crisis Grants
 - Afghanistan Earthquake Relief: Latifa Woodhouse8:20 PM VII. Meadow-Site Preparation Discussion: Aimee Vella Ripley, President
8:35 PM VIII. Ministers, President and Administration Reports
 - Minister's Reports: Rev. Dr. Natalie Fenimore and Rev. David Carl Olson
 - November Congregational Meeting Agenda: Aimee Vella Ripley, President
 - Hadley House BOM/BOT Leadership Status: Aimee Vella Ripley, President
 - Member Building Use Policies: Adam Barshak, COA
 - Activities Management Consultant: Adam Barshak, COA9:00 PM IX. Good of the Order: Aimee Vella Ripley, President

Thursday, October 23, 2025

- 7:00 PM I. Opening Words: Ministers
7:05 PM II. OCIO Semi Annual Presentation: Peter Glennon, SEI
7:30 PM III. Endowment Committee: James Sheridan, Chair
8:00 PM IV. Socially Responsible Investment Committee: Wendy Cheung, Chair
 - Blue Hub Loan Fund \$250,000
 - Capital Good Fund Loan \$250,0008:30 PM V. Building Use Leadership Team (BULT): Claudia Barbey, Secretary and Adam Barshak, COA
 - Team Update
 - Veatch House Lodging Design Proposal9:00 PM VI. Good of the Order: Aimee Vella Ripley, President

MEMBERSHIP COMMITTEE

Paul Drezner, Chair



Y*UU Belong Here: Path to Membership

Sundays, November 9, November 16

12:30–3:00 PM | Veatch Ballroom

Lunch will be provided

Please let us know if you have any food allergies or preferences

New to UU? Come to the Y*UU Belong Here: Path to Membership Session with the Membership Committee and Rev. Dr. Natalie M. Fenimore

Would you like to learn more about our Unitarian Universalist movement and about how to deepen your relationship to this community? Have you been attending for weeks, months, or even years and feel like you're ready to become a member of UUCSR? If you answered "yes" or thought about answering "yes" to any of these questions, you are invited to join us for Y*UU Belong Here: Path to Membership sessions at Shelter Rock.

We are offering this two-part workshop for you to connect with each other, reflect on the path that has led you here, and to offer you the opportunity to learn and ask questions about what makes this UU community a life-giving place to call home. During the sessions, you will be invited to reflect on your spiritual journeys in conversation with each other, we will provide foundational knowledge of UUCSR and Unitarian Universalism, and you will also have the opportunity to hear from and ask questions of staff and lay leaders in the congregation.

Please be sure to register [HERE](#).

Questions? Contact Rev. Dr. Natalie M. Fenimore (nfenimore@uucsr.org) or Paul Drezner, Membership Committee Chair (stargatecd@aol.com). For Childcare contact Sharyn Esposito (sesposito@uucsr.org).

SOCIAL JUSTICE COMMITTEE

Shanti Flot, Chair

Community Food Pantry/Clothing Rack

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

Everyone is welcome to participate.

INN Cooking Thursdays

Please join Peter Koos and me in the Main Kitchen to help make meals meaningful for INN Clients every month. Please mark your calendars for the year 2025–2026 and let us know if you have any recommendations going forward. Cooking dates are as follows:

2025: October 23, November 20, December 18

2026: January 22, February 26, March 26, April 23, May 22, June 25

The Social Justice Committee of UUCSR is grateful to participants in this generous endeavor!

submitted by Leona Handelman

MEN'S GROUP COMMITTEE

Robert Penaskovic, Chair

Parents Night Out Halloween Party

Join the Men's Group for their annual Halloween Party—Parents Night Out!! Have fun, enjoy delicious food, drinks, and dancing. Don't forget to wear a costume and get a \$5 discount, as well as a chance to win a prize in the annual costume contest! First, second, and third place winners.

Register [HERE](#). If you have any questions or concerns, please reach out to Elaine Corrao at 516.472.2933 or ecorrao@uucsr.org. PRIOR REGISTRATION REQUIRED. (See page 7 for details.)

BOOKSTORE COMMITTEE

Elaine Peters, Chair

New Bookstore Reads

One recent requested acquisition came after Aisha Hauser's visit here. It is called *Non-Violent Communication*, by Marshall B. Rosenberg, PhD.

Another book by the popular author Elizabeth Gilbert, *All The Way to the River*, is on our shelves as well as the updated version of *UU Pocket Guide*, 2025.

LGBTQ+ SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE

Charlene Greenberg, Chair

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

Join Zoom Meeting [HERE](#)

Meeting ID: 883 3817 4041, Passcode: 557032

DATE	LED BY	TOPIC
10/28/25	Shanti Flot, WinterFlower Robinson	Halloween Themed
11/4/25	Meg Cohen	Empathy, how you have experienced and shown it to others.
11/11/25	Open Chat	No Topic
11/18/25	Joanna Augugliaro	If there were no obstacles, what would be your dream vehicle? Examples: car, SUV, van, camper, boat, plane, motorcycle
11/25/25	Charlene Greenberg	Holiday experiences. The good, the bad, the ugly. What would your ideal holiday experience be?

ART COMMITTEE

Paul Kopelow, Chair

FORMS & NARRATIVES

Pamela Waldrup

Ennid Berger

Paul Mele



FORMS & NARRATIVES

by Ennid Berger, Paul Mele, and Pamela Waldrup

Artist Reception: Sunday, November 9, 2025 | 1:00–3:00 PM

Exhibit is on display Tuesday, October 28–Tuesday, December 2

Artists Ennid Berger, Paul Mele, and Pamela Waldrup will be exhibiting their artwork at the UUCSR Art Gallery. You are invited to meet the artists at the Opening Reception on Sunday, November 9, from 1:00 to 3:00 PM.

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair

DAC will continue to work on its two 2026–2027 budgets. Our current 2025–2026 budget is in place for the 100 percent virtual GA scheduled for next June. Our local DAC budget deals with items close to home; our General Assembly budget will address the anticipated cost for our GA Delegates to attend the 2027 multi-platform GA. Members who wish to be involved and wish to attend our zoom committee meetings are encouraged to contact the DAC chair.

Richard Bock, Chair Denominational Affairs Committee

Rev. Fenimore Received MacLean Award

In case you missed the article about Rev. Dr. Natalie Fenimore being named the recipient of the 2025 Angus H. MacLean Award for Religious Education Excellence that appeared in the July 9, 2025 issue of *Quest*, you can still read about this prestigious award in the current (Fall/Winter 2025) issue of the *UU World*. The MacLean Award was presented to Rev. Fenimore at General Assembly 2025 in Baltimore, MD. In addition to Rev. Fenimore, Rev. Dr. Barry M. Andrews, UUCSR Minister Emeritus, is a past recipient of the MacLean Award. Read the online version [HERE](#).



Photo by Chris Northcross/UUA

submitted by Jessica Vega, UUCSR Member

Come To the Book Exchange

The George Kesner Memorial Book Exchange, located in the rear of the Social Hall, has been completely reorganized and awaits your perusal of hundreds of books for sale. Come browse through fiction, classics, biography, parenting, poetry, poly sci, spirituality, cooking, and hobbies. There's also a special section for children and young adult books.



After you make your selection, please make a contribution in the box for that purpose. All book sale proceeds benefit the Unitarian Congregation in Csikszereda, our Partner Church in Transylvania, Romania.

Donations to the Book Exchange are welcome, but books should be in good condition, ones that you would want to purchase yourself.

Special thanks go to Diane Curry, Amalia DeePaolino, and Jessica Vega for doing the Book Exchange reorganization. Thanks also to our staff for their invaluable efforts in making the reorganization possible.

submitted by Jessica Vega, UUCSR Member

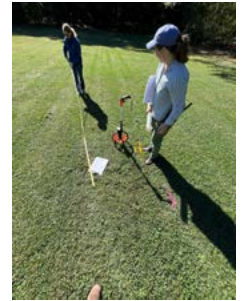
LAND MANAGEMENT ECOLOGIST

Agnes P. Cwalina

Meadow Project Update

Since 2023, the Green Sanctuary and the Building and Grounds Committees have been in conversation with Larry Weaner Landscape Associates (LWLA) about the installation of a near-native meadow on the western edge of the lawn.

This month, the physical project will begin!!! The first phase is site preparation of grading and moving soil in order to install a fully accessible path, which will run from the Veatch parking lot to the pond. Garden Environments is the contractor completing this work. They have worked on projects at UUCSR including introduced species removal in the forest, planting natives, planting the patio garden, and are our current horticulture maintenance company.



Pictured at right are LWLA Associate Ani, Garden Environments Principal Martha, and Agnes flagging the pathway earlier this month. This phase of the project is scheduled through the beginning of November, weather and conditions permitting.



Please contact Agnes P. Cwalina, Land Management Ecologist at acwalina@uucsr.org with comments.

GREEN SANCTUARY COMMITTEE

Jennifer Roth, Chair

As we close out the season, the community garden was prolific and full of color. I personally grew Amaranth from seed this summer. Amaranth is an ancient grain dating back to the time of the Egyptian Pharaoh. It is a self-seeding annual—meaning it behaves like a perennial when in truth it is an annual.

Chuck Fenimore had great success with Butternut Squash, and the 7-foot sunflowers overlooked all of the beds from the far end. Many thanks to all of the gardeners and we look forward to next year's season as we will have 24 beds available.



MUSIC AT SHELTER ROCK
Stephen Michael Smith, Music Director

George Frideric Handel
Messiah Sing 2025
CALL FOR
MUSICIANS

The Orchestra at Shelter Rock
Stephen Michael Smith, Music Director

.....

Rehearsals:

Thursday, December 4
7:00–9:00 PM

Saturday, December 6
11:00 AM–1:00 PM

Performance:

Sunday, December 7
12:30 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.

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

SPECIAL EVENT HIGHLIGHTS
Listed in chronological order
Additional information at uucsr.org/events

FOURTH FRIDAY
at Shelter Rock

Nourishing Food,
Community Conversation,
and Grounding Ritual

Friday, October 24 • 6:30 PM • Social Hall

October Fourth Friday Presents along with UUCSR's
Adult Programs Committee a new program: Interfaith &
Multicultural Exploration Initiative!

Finding Your Faith Film Event

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

Join us on Friday, October 24, at 6:00 PM, in the Social Hall
as we kick off this initiative with the *Finding Your Faith* film
screening, at which we will watch a film exploring
Unitarian Universalism!

We will have food, fun, and dialogue. Please register so we
will have plenty of food.

REGISTER HERE
uucsr.org/25OctFF

Please bring a dessert (enough to feed 8) to share!

Childcare is available
Questions? Contact Jamie Walowitz
jwalowitz@uucsr.org or 516.472.2943



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

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

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.



EXPLORING EARTH-BASED TRADITIONS GATHERING

multiplatform

Saturday, October 25

11 AM • Onsite and Online

Fourth Saturday Monthly

Share the cultures, rituals, and beliefs of people who lived with purposeful connection to the earth. All are welcome to explore various paths to spirituality.

REGISTER HERE
uucsr.org/26Earth

- 11:00 AM in the Art Gallery
- Shared Pot Luck Luncheon at 12:30 PM

Please bring some food to share at this event, or a nosh. We will meet and then break for lunch. We hope you can join with us to explore various paths to spirituality. If you can't meet in-person, you are welcome to join online.

Register [HERE](#). After you register you will receive the Zoom link. Questions? Contact Sharyn Esposito (sesposito@uucsr.org, 516.472.2960)



PRESENTED BY THE UUCSR MEN'S GROUP

PARENTS' NIGHT OUT HALLOWEEN PARTY

SATURDAY, OCTOBER 25
6-9 PM • SOCIAL HALL

OPEN TO THE PUBLIC • DJ
DRINKS (BEER, WINE, SODA) • DINNER

\$35 per person—for those with no costume

\$30 per person—if wearing a Halloween costume or mask—**\$5 DISCOUNT!**

Childcare available upon request by
Wednesday, October 22.

REGISTRATION REQUIRED.

Questions?

Contact Elaine Corrao at
ecorrao@uucsr.org or 516.472.2933

REGISTER HERE
uucsr.org/MGHalloween25

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.

PRESENTED BY THE UUCSR RELIGIOUS EDUCATION COMMITTEE IN COLLABORATION WITH PEP

TWEENS AGES 9-14 AND PARENTS/CAREGIVERS ARE INVITED

TO OUR PEP* RALLY

*PERIOD EDUCATION PROJECT

SUNDAY, OCTOBER 26 • 12:30—2 PM • VEATCH BALLROOM

AN ENGAGING FREE WORKSHOP THAT EMPOWERS TWEENS WITH ACCURATE MEDICAL INFORMATION ABOUT PERIODS

Help tweens gain important menstrual health knowledge — before misinformation on social media fills the gap.

FREE • LUNCH PROVIDED • REGISTRATION REQUIRED

WORKSHOP HIGHLIGHTS:

- Learn about menstrual health basics and female anatomy
- Recognize if a period is normal or not
- Understand different period products and their safety

Workshop facilitators are Columbia University medical students trained to engage with youth in a supportive and educational setting.

SCAN HERE TO REGISTER



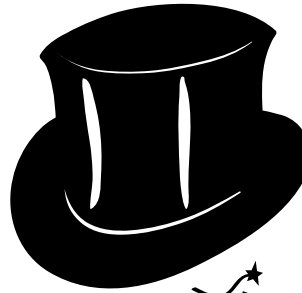
uucsr.org/PEPRally25



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

Childcare available upon request.
Questions? Contact Carson Jones
516.472.2915 or cjones@uucsr.org

22ND ANNUAL CABARET AT THE ROCK



Suzanne Viverito
Artistic Director

Come enjoy an evening of music, dance, refreshments, and more in a nightclub setting as we raise funds for the

**Edward Miller
Memorial Music
Scholarship Fund**

**Saturday,
November 1, 2025**

6:30 PM Doors Open
7:00 PM Show Begins
Social Hall

Reserve a seat NOW!
\$20 per person

**Seating guaranteed to registered
prepaid ticket holders only.**

Register: uucsr.org/2025Cabaret

Questions? Contact Phinu Jose
516.472.2975 or pjose@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.

SPONSORED BY THE UUCSR WOMEN'S GROUP

Balance, Coordination, Strength

Presented by Iris McKenna
UUCSR member

TGIF

Friday, November 7, 2025
7 PM • Art Gallery

Come join members of the Women's Group for companionship, light refreshments, and an introduction to better self-awareness and movement. The program will include a blend of Soo Bahk Do martial arts and Tai Chi movements.

Free. No prior experience necessary. Comfortable shoes or sneakers and loose clothing recommended. Seated and standing options available.

Registration deadline Thursday, November 6.
Childcare deadline Monday, November 3.

REGISTER HERE

uucsr.org/TGIF25Strength

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

comprehensive, accurate, and
supportive sexual health education

how sex ed should be

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

November 7 + 14, December 12



Registration required—space is limited!

Questions? Contact Carson Jones at
cjones@uucsr.org

YOUTH AND ADULT FAITH ENGAGEMENT INTRODUCES THIRD FRIDAYS

LIVING A PUBLIC LIFE

With Rev. David Carl Olson

Third Friday of Each Month

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

2025: Nov 21, Dec 19 | 2026: Jan 16, Feb 20,
Mar 20, Apr 17, May 15, Jun 19

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

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

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

REGISTER HERE

uucsr.org/ThirdFridays25

6:30 PM: Complimentary Simple Supper
7:15 PM: A moment of gratitude, reflection and song
7:30 PM: Workshop with Rev. David Carl Olson

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

First Sundays | 9:30–11:00 AM

RE Room 4

Small Group Ministry

led by Catherine Torrillo and Robert Penaskovic

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

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

Small Group Ministry

led by Iris McKenna

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

Sundays, November 16, December 21 | 1:00–3:00 PM

UUCSR Lawn, Meadow, Patio, Pond Area

Silent Book Club

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

First Mondays | 6:30–8:00 PM | Zoom

Small Group Ministry

led by Winterflower Robinson

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

Third Mondays | 10:00 AM | Via Zoom

Care for the Caregiver

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

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

Gatherings with LGBTQ+ Friends

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

Tuesday, October 28* | 9:15 AM | Veatch Ballroom

Awaken Your Body, Ignite Your Spirit with Leyla Hoell

Leyla Hoell, longtime 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).

***After, October 28, this program will be on hiatus until Wednesday, January 14, 2026, when it will switch to Wednesdays at 9:15 AM in the Art Gallery (sometimes in the Social Hall or Veatch Ballroom).**

Tuesdays, October 28; November 4, 18 | 10:00–11:00 AM

Art Gallery

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

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

First and Third Tuesdays Monthly

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

Facilitated by Sandra Frank, Women's Group Board Member. 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 Elaine Corrao (ecorrao@uucsr.org or 516.472.2933).

Third Tuesdays | 10:30 AM | Via Zoom

Living with Cancer, led by Caron Hunter

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

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 Conversations

Seeking an opportunity for spiritual deepening in a supportive setting? We invite you to Wednesday Conversations where we explore a poem or reading for reflection, sharing, and listening. This month's theme is *Cultivating Compassion*. To join, click [HERE](#). Questions? Please contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

Second Wednesdays | 11:00 AM–12:30 PM

Hadley House Community Room

Small Group Ministry led by Deborah Siegel and Lilyan Strassman

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

Thursdays | 11:00 AM | Hadley House

Medical Qigong for Senior Health—Fall/Winter 2025

led by Ashley Baldwin

October 23, 30, November 6, 13, 20; December 4, 11, 18

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

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

Bridge, Canasta, Games & Fun

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

Thursdays | 6:15 PM Veatch Ballroom

Zazen Meditation—Inisfada Long Island Zen

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

Fridays via Zoom | 12:00 PM

Great Books

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

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

November 21: *How to Read a Book*, by Monica Wood, discussion led by Lee Geisen. A chance encounter at a bookstore brings together a retired English teacher, a former prisoner, and a handyman, leading to transformative relations and the power of books to change lives. Visit [HERE](#) for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

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

Women's Group Online Film Discussion

October 24: *And Breathe Normally*, An Icelandic film—An Icelandic single mother struggling with poverty and a Guinea-Bissauan asylum seeker facing deportation find their lives unexpectedly intertwined.

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](#).

Once Monthly Saturday | October 25 | 9:00 AM–6:00 PM

Veatch Ballroom

Zazen Meditation—Inisfada Long Island Zen All-Day Meditation

Come join Long Island Inisfada Zen for a full or part-day of silent Zen Meditation. This all/part-day session is called “Zazenkai,” and contains periodic chants and teachings, snack breaks, and a lunch break. Each hour-/hour-and-half-long session is broken up into half-hour segments. ALL ARE WELCOME. Beginner instructions are provided. You are welcome to bring food for yourself or to share with others. Spiritual donation appreciated, but not required, to attend. Register 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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Riki Birk

October 23, 2025

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FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, November 12, 2025 | Deadline for Content: Tuesday, November 4, 2025

Congregational Meeting

Sunday, November 2, 2025 | 1 PM

Onsite and online

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.