



# 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



April 8, 2026

**Monthly Theme:  
EMBRACING  
POSSIBILITY**

## WORSHIP SERVICES

**FRIDAY, APRIL 10, 2026, 7:30 PM**

Rev. David Carl Olson

**Soulful Sundown** 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 Chastity Brown joins for an ONSITE-ONLY coffee house/concert afterward. All are welcome. Never a charge! Where music resides at the heart of religious experience

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

**SUNDAY, APRIL 12, 2026, 11:00 AM**

Guest Minister Rev. Fletcher Harper

**A Covenant for Our Future—Faiths for Climate Justice** As the climate crisis intensifies, the past year has seen national US climate and clean energy commitments decimated—alongside cuts to food aid and healthcare and the demonization of migrants. Rev. Fletcher Harper, GreenFaith's leader, will articulate a moral response to these grave threats, sounding an alarm and a call to collective action.

**Join Us This Sunday, April 12!** Following the Service, from 1:00–2:00 PM in the Art Gallery, the Veatch Program and Green Sanctuary are co-sponsoring a conversation with the Rev. Fletcher Harper about Veatch grantee GreenFaith's campaigns to mobilize people of faith around the globe in support of climate justice. All are welcome. *See page 7.*



UUCSR Worship Services are usually both onsite and online on [uucsr.org/worship](https://uucsr.org/worship), [Facebook](#), and [YouTube](#). Available thereafter on the same platforms. Onsite, mask wearing is optional.

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## TOUCHSTONES

Rev. David Carl Olson and Rev. Meagan Henry



Dear congregation, dear community,

*Nothing can dim the light that shines from within.*

—Maya Angelou

When Rev. Dr. Natalie Fenimore shared her need to be on medical leave for the next two months, we were immediately shocked and even a little scared. That's a pretty normal response in learning that someone you love is in pain. We love her and almost wish that she could "take it back."

But with a pause, with a breath, with a moment of reflection, we were pleased to hear that our Lead Minister has the courage to ask for what she needs—a little space from us, perhaps, a little time to take care of her health, a little trust that what she is asking for is necessary and good.

This two-month period will not be unlike a year ago when Dr. Fenimore was on sabbatical. The ministerial team continued to function and to help the congregation be all it can be. Our guiding philosophy was the question "WWND?"

What Would Natalie Do?

While on leave, Natalie continues to be our leader. Those of us who have worked closely with her for years have a shared assessment of how she would continue to lead. And we consult with each other and congregational leaders as we follow through on that intuition.

And so, we shall. We'll keep imagining her leadership; we'll center her in our prayer and meditation life; and we'll consider best how we may serve this Shelter Rock congregation and our work in the world.

*continued on page 2*

**WORSHIP SERVICES**  
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**SUNDAY, APRIL 19, 2026, 11:00 AM**  
Rev. David Carl Olson, Bryan Bower



**SUNDAY, APRIL 19 • 11 AM**  
*Music Sunday*

**A journey of loss, memory, and hope  
with a photo collage by Eric Titcomb**

**With texts by Emily Dickinson,  
Christina Rossetti,  
Edna St. Vincent Millay,  
Sara Teasdale**

This musical selection will be performed as  
part of a Worship Service.

The public is cordially invited.  
A free will offering will be taken.

**Free parking  
Professional childcare provided  
Featured image by Eric Titcomb**

**TOUCHSTONES**  
continued from page 1

During her medical leave, Dr. Fenimore has requested that her privacy be maintained so that she may attend to her healing. She welcomes your wishes for her to “get better soon,” and the cards and notes that you might send to the congregational center. She requests that she not be visited or called during this time.

Should you have any questions or concerns, please direct them to us individually or to Sharyn Esposito at 516.472.2960 or [sesposito@uucsr.org](mailto:sesposito@uucsr.org).

We'll let the light that shines from within our Lead Minister—our companion, teacher, and friend—Natalie Maxwell Fenimore continue to guide our life together.

With pastoral regard,  
Rev. David Carl Olson  
Rev. Meagan Henry

**MILESTONES**

**We ask for condolences for...** Rev. Dr. Natalie M. Fenimore whose uncle, Robert Hale, died at the age of 96 on Sunday, March 22, in Peoria, Illinois, surrounded by family and friends. Expressions of sympathy can be sent to Natalie to the congregation.

*Unitarian Universalist Congregation at Shelter Rock  
Attn: Rev. Dr. Natalie Fenimore  
48 Shelter Rock Road  
Manhasset, NY 11030*

**We mourn the death of...** long-time member Margaret Logan. Margaret died on Monday, March 30, at the age of 99 surrounded by her children, daughter Mary, and sons Tom and Kevin. Margaret was passionate about playing Bridge every chance she got. She learned this pastime from her Irish grandmother. A Celebration of Life will be held at UUCSR on Saturday, May 16. The time will be announced once finalized. Expressions of sympathy may be sent to Margaret's daughter:

*Mary Logan  
1204 Hall Avenue  
White Plains, NY 10604*

**We extend our condolences to...** Mark and Karen Hartman as Mark's mom, Evelyn Lichtenstein Wakshull, died last night at the age of 100. Evelyn was a grandmother to David (Marissa) and Katie Hartman, and a great-grandmother to Roland and Auden Hartman. She was surrounded by family and friends. Service will be held in Buffalo, NY. Expressions of sympathy may be sent to:

*Mark and Karen Hartman  
2 Argyle Road  
Port Washington, NY 11050*

## BAGELS & BELIEFS

Sundays | 9:00–10:30 AM | Social Hall

Every Sunday, you can stop by the Social Hall for a bagel breakfast for just \$1! Proceeds go to benefit The Questing Year RE class Secret Social Action Project! Coffee and tea are FREE. While enjoying your bagel, we invite you to consider the question of the month and add your response to the interactive conversation board. We look forward to connecting with you!

## CARING COMMITTEE

Martha Chimienti, Chair

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



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

## 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

Join the Plant-Based Cooking Team!

Love to cook and curious about plant-based meals? Ethical Eating is looking for volunteers to help prep on Saturday, April 25, and serve on Sunday, April 26 for the Sunday Café.

Available Shifts:

- Saturday, April 25 (9:00 AM–1:00 PM) Prep Crew
- Sunday, April 26 (9:00 AM–1:00 PM) Cooks, Servers, Clean Up

To Sign Up: Register [HERE](#) or use the QR code.

- Please provide your Name, Cell, and Email, along with your preferred time and how you would like to help. Thank you for your support!



Please contact Leslee Rabb at ([rabbleslee2@gmail.com](mailto:rabbleslee2@gmail.com), 516.439.8715) or Tracie Pulga (call or text 718.496.7027).

## MEMBERSHIP COMMITTEE

Paul Drezner, Chair

Welcome New Members

Congratulations to all the new members who were recognized at the Sunday, March 29, 2026 Worship Service. We welcome you to our congregation as well as all the members who were unable to attend. You have enriched our community and we are grateful for your presence among us.



## RELIGIOUS EDUCATION (RE)

Rosara Torrisi, Chair

### Bridging the Gap: Sending a Box of UU Love!

Our Young Adults may be off conquering the world, but they are never far from our hearts! We are thrilled to share that our Bridging the Gap care packages have officially hit the mail, carrying a little piece of our congregation to dorm rooms, apartments, and lifelong homes across the country.

We packed these boxes with a mix of “survival essentials” and heartfelt reminders of home, including:

- Momofuku Ramen for a gourmet late-night snack.
- Silly socks to keep their spirits (and toes) cozy.
- Custom UU water bottles and extra-large tote bags for life on the go.
- Stickers to deck out their laptops and water bottles.
- Most importantly, handwritten cards filled with love and encouragement from our community.

Check out the photos of our packing party! A huge thank you to everyone who wrote a note or helped assemble these bundles. We want our young adults to know that no matter how far they wander, they always have a home base right here.

NOTE: If you know of a young adult (between the ages of 18 and 25) who you want to be sure receives a box, please notify Jamie Walowitz at [jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org).



## DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair

The Denominational Affairs Committee Presents

# Partner Church\* Tag Sale

**Sunday, April 19**  
**9:30–11:00 AM & 12:00–1:30 PM**  
**Social Hall**

Come find the perfect gift for yourself or for someone special while you benefit UUCSR's Partner Church in Romania!

Donated items are needed NOW to make the fundraising Tag Sale a success!

Bring donations to the Reception Desk in the downstairs lobby.

Fill out a price tag for each donated item.

If you have a service to offer, leave a written description of your service at the Reception Desk, along with the price.

**Deadline for Donations: Friday, April 17**

\*UUCSR partnered with the Unitarian Church in Csikszereda, Transylvania (Romania) in 1991, and supports them through significant financial contributions and exchange visits.

Questions? Contact

Barry Nobel (516.570.2154 or [barry@nobel.org](mailto:barry@nobel.org)) or  
Sharyn Esposito (516.472.2960 or [sesposito@uucsr.org](mailto:sesposito@uucsr.org))

## LAND MANAGEMENT ECOLOGIST

Agnes P. Cwalina

### Vernal Pool Survey

There are two vernal pools in the UUCSR forest, these wetlands often fill up with winter snowmelt and rainfall and dry out by mid-summer. This is a fascinating habitat for studying forest amphibians such as wood frogs, spotted salamanders, and fairy shrimp.

On the first rainy night in late winter or early spring, when temperatures rise about 40F, breeding amphibians begin their migration. They move from a drier upland area to the pool where they breed and deposit eggs, timing it perfectly for the young to hatch, grow, and leave the pool before the water dries out.

Unfortunately, this year's pool levels have been extremely low, most likely due to the 2024 summer/autumn drought. Though we had a record snowfall, combined with rainfall, it has not been enough to replenish the vernal pool. This will sequentially influence amphibian populations.

In collaboration with Greentree's Naturalist Stephane Perreault, vernal pool scientist Damon Oscarson, and our Land Management Ecologist, the complex of vernal pools at UUCSR and Greentree is annually surveyed. Counting amphibian eggs keeps track of how the forest is supporting this critical habitat. Wood frogs and spotted salamanders, along with fairy shrimp, are obligate vernal pool species; meaning they signify a wetland is in fact a vernal pool. These pictures were taken in late March.

Look for an organized walk to the vernal pool in April and May, they will be scheduled after Sunday Cafe. Contact Agnes P. Cwalina, our Land Management Ecologist, at [acwalina@uucsr.org](mailto:acwalina@uucsr.org), with follow-up questions.



wood frog eggs



fairy shrimp, magnified 10x



UUCSR southern vernal pool



spotted salamander eggs

## RESPECTFUL RELATIONSHIPS TEAM (RRT)

Paul Carbone, Chair

### "You're not listening to me."

At one time or another we've all heard—or said—these words. Listening goes beyond simply hearing, especially when emotions are involved.

Active listening means really being present with someone. It's about giving them our full attention and setting aside our own thoughts, advice, and opinions. It is not for us to fix their problem. Usually, people simply want to be heard.

The heart of active listening is understanding both the story being shared and the feelings underneath it. It asks us to listen for what matters to the person, what values do they hold that are being frustrated. It's this frustration that gives rise to strong emotions. Learning to hear what's behind our words is a skill that takes practice.

In our monthly empathy sessions, held on the third Sunday of each month, we practice the art of active listening together. Our hope is to nurture deeper understanding and more loving relationships—with others and with ourselves. We invite you to join us. The next session is Sunday, April 19, from 1:00-2:00 PM in the Veatch Library.

Submitted by Angela Cesa

## UUCSR CHILDCARE POSITION OPENINGS

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

### Schedule:

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

### Requirements:

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

### Key Responsibilities:

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

**Salary:** \$20/hour

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

## 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
4/14/26	Open Chat	
4/21/2026	Meg Cohen	Have you noticed resilience in the people around you? Are you resilient? Is there any time in your life that you've needed to be resilient?
4/28/2026	Maryellen Pierce	Would you rather do THIS or THAT (Based on Gordon-Davis book series)

## ART COMMITTEE

Paul Kopelow, Chair



*Under the Influence: Japan as Inspiration*  
by Nancy Yoshi

**Exhibit on display:**  
Friday, March 20–Monday, April 20  
UUCSR Art Gallery  
All are welcome!

In *Under the Influence: Japan as Inspiration*, Yoshi explores the subtle and enduring ways Japanese culture, aesthetics, and philosophy have shaped her creative process. The exhibition features an eclectic mix of collage, paper quilts, paper jewelry, and found-object sculpture, much of it made from recycled or repurposed materials. Her work celebrates transformation—the alchemy of turning the ordinary into the extraordinary.

### *The Way I See It...* Artwork by Alan Richards

**Artist Reception:**  
Sunday, April 26  
1:00–3:00 PM

**Exhibit on display:**  
Thursday, April 23–Tuesday, May 26  
UUCSR Art Gallery  
All are welcome!



## GREEN SANCTUARY COMMITTEE

Jennifer Roth, Chair

### Give an Hour for Earth

In April, UUCSR members alongside the Green Sanctuary Committee, can join the World Wildlife Fund's campaign called "Give an Hour for Earth." This national initiative calls nature lovers to spend at least 60 minutes each April helping the planet.

Members can do work that helps the earth, like writing to representatives, cooking, gardening, fundraising, etc. Please contact Jennifer Roth at [Jnaissance@gmail.com](mailto:Jnaissance@gmail.com) to let her know if you will be involved so your name and your activity can be added to the list of participants.

Submitted by Elaine Peters for the Green Sanctuary Committee

**Staff Work Anniversaries  
April**

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

**Carmelito Mendoza, Facilities Technician**  
Celebrating 1 year on April 21

**Krystal Hill, Facilities Technician**  
Celebrating 2 years on April 29

## BOOKSTORE COMMITTEE

Elaine Peters, Chair

### Bookstore and Gift Shop

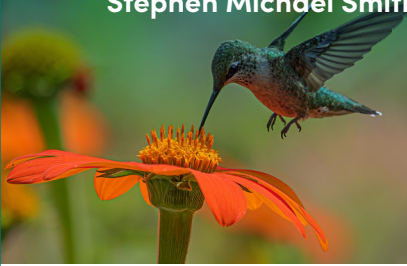
Books on the environment to celebrate Earth Day include *Thoreau's Legacy: American Stories about Global Warming*, forward by Barbara Kingsolver. The popular *Braiding Sweetgrass*, by Robin Wall Kimmerer, and *Here Comes the Sun*, by Bill McKibben are also available.

For the holidays we also have animated puppy toys as well as our wonderful book *Blue Boat Home*. Cute, colorful, beaded bracelets and UU earrings and necklaces astrological ones are always on sale. We're open Sundays from 12–1 PM, so come in, browse, and see what's new.

# CALL FOR MUSICIANS

## ANNUAL SUMMER CONCERT 2026

THE ORCHESTRA AT SHELTER ROCK  
Stephen Michael Smith, Music Director



### ANTON BRUCKNER

#### Symphony No. 7 in E Major, WAB 107

Leonard Bernstein: *"His music is prayer...  
it is music about faith."*

Herbert von Karajan: *"...architecture in sound."*

### REHEARSALS

Wednesday Evenings  
July 8, 15, 22, 29 • 7-9 PM

### PERFORMANCE

Saturday, August 1  
6 PM call • 7 PM performance

*All rehearsals and performances at  
UU Congregation at Shelter Rock,  
48 Shelter Rock Road, Manhasset, NY*

*Music provided well in advance  
Stands and lights provided  
Air-conditioned, free parking*

To reserve a seat contact  
Sylvia Cordero-Skidmore, Orchestra Librarian  
[uumusic@uucsr.org](mailto:uumusic@uucsr.org)



## Conversation with Veatch Grantee GreenFaith

April 12, 2026 • 1 PM • Art Gallery



**Conversation with  
Rev. Fletcher Harper**  
*Executive Director, GreenFaith*

Following the Worship Service, from 1-2 PM in the Art Gallery, the Veatch Program and Green Sanctuary are co-sponsoring a conversation with the Rev. Fletcher Harper about GreenFaith's campaigns to mobilize people of faith around the globe in support of climate justice.

All are welcome.

*Rev. Fletcher is a pioneer of the global religious environmental movement. He has helped mobilize tens of thousands of people of faith for climate marches and public actions, and built GreenFaith into a global organization.*

Questions? Contact Eileen Jamison  
516.472.2922 or [eileen@veatch.org](mailto:eileen@veatch.org)

## SPECIAL EVENT HIGHLIGHTS

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

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

UUCSR Adult Programs Committee Presents

# Adult Bible Class

## With Student Minister Bryan Bower

SUNDAY, APRIL 12 | 1 PM | RE ROOM 15

Join in studying the Bible critically and intelligently with Student Minister Bryan Bower. For this session, we will be studying **The Synoptic Gospels: Matthew, Mark, and Luke**. These three Gospels have some striking overlap, and when they are “seen together” it’s clear that these texts repeat entire passages with the same or very similar language, and yet there are clear differences if you look carefully! If time permits, we may also look at the Gospel of John and consider its divergences. No background in the Bible is necessary, just curiosity and willingness to learn!

Come join Bryan on this journey of Bible study! Please click [HERE](#) for more information and registration details. Questions? Please contact Jamie Walowitz, UUCSR’s Youth and Adult Faith Engagement Coordinator: [jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org); 516.472.2943.

THE UUCSR MINISTRY TEAM PRESENTS

# PRACTICING EMPATHY

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

Please join the UUCSR Respectful Relationship Team for Practicing Empathy in communication with one another. The Respectful Relationship Team operates with an understanding that our community is enhanced—and the world will be enhanced—by our compassionate communication with one another. Learn more [HERE](#).

The ministers are also ready for compassionate conversation one-to-one with all of our members. If you want to make an appointment for a one-to-one conversation, please reach out to a minister or make an appointment with the Ministers Assistant Sharon Esposito (516.472.2960 or [sesposito@uucsr.org](mailto:sesposito@uucsr.org)).

UUCSR’s Social Justice Committee Presents

# Youth Eco Summit

Saturday, April 18  
9:30 AM–2:45 PM • UUCSR

RE Wing, Grounds, Social Hall

The UUCSR Social Justice Committee invites all youth (grades 9–12) to participate in the First Youth Eco Summit (YES) at UUCSR! Mark your calendars to enjoy workshops focusing on Forestry, Pollinator Gardens, and enjoy a scrumptious and sustainable lunch.

We offer community service credits, if you are eligible

Save your spot! Register [HERE](#) now.  
Questions: Contact Social Justice Coordinator, Sonia Arora ([sarora@uucsr.org](mailto:sarora@uucsr.org), 516.472.2977)

SPONSORED BY THE MENTAL HEALTH SUB-COMMITTEE  
OF THE SOCIAL JUSTICE COMMITTEE AT UUCSR

# Coping with Ambiguous Loss

Friday, April 24 | 4–6 PM | Online

With Jerri Clark of the Treatment Advocacy Center  
1 hour and 30 minutes with Q and A

Ambiguous loss is a type of unresolved grief occurring without closure or clear understanding, often leaving individuals searching for answers. Coined by Dr. Pauline Boss in the 1970s, it involves either a person being physically absent but psychologically present (e.g., missing person, divorce) or physically present but psychologically absent (e.g., mental illness, dementia, addiction).

Register [HERE](#). Zoom link [HERE](#).  
Questions? Contact Sonia Arora ([sarora@uucsr.org](mailto:sarora@uucsr.org), 516.472.2977).

## SPECIAL EVENT HIGHLIGHTS

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UUCSR Adult Programs Committee Presents

# Living Our UU Faith: Deep Listening, Deep Questions

led by REV. MEAGAN HENRY *Associate Minister at UUCSR*

APR 26, MAY 17 & 31 | 1:00-2:45 PM

REGISTRATION CLOSED  
JOIN THE WAITLIST FOR THE NEXT SESSION\*

\*Please contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator: [jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org) or 516.472.2943

You Are Cordially Invited  
to the UUCSR Women's Group

## Mother's Day Luncheon

"To Honor The Nurturer In All of Us"

Sunday, May 10, 2026

12:30 PM • Veatch Ballroom

Free: Current Women's Group Members  
(check your Women's Group status with Elaine)

\$30: Non-Women's Group Members

\$5: Children (12 and under)  
(Separate Children's Menu)

Professional Childcare is Available

Register at [uucsr.org/26WGLunch](https://uucsr.org/26WGLunch)

Register and Pay by Wednesday, May 6

56 Seats Available—ABSOLUTELY NO  
ADMISSION AT THE DOOR.

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

Sponsored by the UUCSR DAC, REC, SJC  
and Adult Programs Committee

Social  
Change Now:  
A Guide for  
Reflection and  
Connection

## CY 2025-2026 Common Read at UUCSR

SATURDAY, MAY 2  
2 PM-5 PM | ART GALLERY

The 2025-26 UU Common Read is  
*Social Change Now: A Guide for Reflection  
and Connection* by Deepa Iyer.

At 2 PM on Saturday, May 2, Student Minister Bryan Bower and Rev. Meagan Henry will lead a session of discussion and activity offered by this book, currently available in the UUCSR Bookstore.

When we do a UU Common Read together, we share in reflection, learning, and action. A Common Read can take us on a powerful journey into what it means to be human and accountable in a world filled with both pain and joy.

Unitarian Universalists are invited to explore Iyer's work through the lens of our UU faith and shared values. Participants explore Iyer's Ecosystem model, the roles that comprise it, and how these can support the congregational community and, in turn, our role in wider communities where we work with others for social change.

REGISTER HERE:  
[uucsr.org/26Read](https://uucsr.org/26Read)

Questions? Contact Jamie Walowitz  
Youth & Adult Faith Engagement Coordinator  
at 516.472.2943 or [jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org)

## ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

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

#### Small Group Ministry

led by Iris McKenna

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

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

#### Silent Book Club

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

### First Mondays | 6:30–8:00 PM | Zoom

#### Small Group Ministry

led by Winterflower Robinson

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

### Third Mondays | 10:00 AM | Via Zoom

#### Care for the Caregiver

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

### Tuesdays | 10:00–11:15 AM | Art Gallery

April 14, 28; May 5, 12, 19

#### Building a Better Brain for a Better Life

Fee: \$90 for Members; \$120 for Non-Members

Come join us for this unique and empowering class led by Dr. Fern Engelson, and learn how to strengthen and protect your brain, now and for the future. We will practice specific gentle movements, breathing techniques, self-massage, and other modalities, all designed to promote neuroplasticity as we grow new and healthy brain cells and neuronal pathways, along with fostering the proper blood flow that is vital for a healthy brain. Learn more and find registration information [HERE](#). Questions? Contact Jamie Walowitz ([jwalowitz@uucsr.org](mailto: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. (See page 3 for conversation leaders/topics.)

### First and Third Tuesdays Monthly

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

#### Women Talk Daytime

Facilitated by Sandra Frank, Women's Group Board Member. Our format is simple: we start with check-in and move on to an agreed-upon topic for all to discuss, taking turns "going around." Attendees offer their thoughts and ideas to one another, sparking interesting discussions. Besides talking, we listen, learn, and share our individual stories. In the process, we bond with each other and have fun. Your views are welcome during this informal time together. There's much to talk about. Let's be together to share good company and conversation. Do try to attend. You can meet onsite in the Office Conference Room or join the discussion from your home on Zoom. Visit [HERE](#) for details. Questions? Please contact Elaine Corrao ([ecorrao@uucsr.org](mailto:ecorrao@uucsr.org) or 516.472.2933).

### Third Tuesdays | 10:30 AM | Via Zoom

#### Living with Cancer, led by Caron Hunter

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

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

#### 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

## ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

**Second Wednesdays | 11:00 AM–12:30 PM**

**Hadley House Community Room**

**Small Group Ministry led by Deborah Siegel and Lilyan Strassman**

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

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**Thursdays | 1:00–4:00 PM, or until “Game Over” | Art Gallery  
Bridge, Canasta, Games & Fun**

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

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**Thursdays | 6:15 PM | Veatch Ballroom**

**Zazen Meditation—Inisfada Long Island Zen**

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

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**Fridays | 10:45–11:45 AM | Online (ZOOM) or In-Person; in-person classes, when held, will be at Hadley House, with advance notice (contact Ashley for details and in-person class schedule)**

**Medical Qigong for Senior Health—Spring 2026 led by Ashley Baldwin  
April 10, 17, 24; May 1**

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

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**Fridays via Zoom | 12:00 PM**

**Great Books**

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

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**23rd of Every Month via Zoom | 6:30–7:00 PM**

**Online Vigil to End Solitary Confinement**

All are welcome to join the Social Justice Committee of UUCSR for the online vigil on the 23rd of every month to end Solitary Confinement. Gather to remember those in our prisons and jails condemned to the torture of solitary confinement, 23 hours a day in a small cell without meaningful human contact for days, weeks, months, years, even decades. To be included on the Emailing List, please write to Social Justice Coordinator Sonia Arora at [sarora@uucsr.org](mailto:sarora@uucsr.org). Join Zoom [HERE](#).

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**Third Fridays | 3:30 PM**

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

**April 17: *The Cliffs***, by J. Courtney Sullivan, discussion led by Patti Paris. Visit [HERE](#) for details or contact Elaine Corrao to learn more ([ecorrao@uucsr.org](mailto:ecorrao@uucsr.org) or 516.472.2933).

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

**Women's Group Online Film Discussion**

**April 17: *Blue Moon***. While not the flashiest Richard Linklater film, *Blue Moon* boasts a wonderful performance by Ethan Hawke as he embodies a man hanging on by a thread while the audience hangs on to every word said. Ethan Hawke mesmerizes, becoming both the *Hart* and soul of *Blue Moon*, a beautifully written though occasionally uneven chamber style character piece.

**April 24: *Wake Up Dead Man: A Knives Out Mystery***. A twisted whodunit led by a most intriguing cast, *Wake up Dead Man* jolts the *Knives Out* franchise and delivers its best mystery yet. Giving Benoit Blanc a worthy mystery with its genuinely soulful fixation on faith and a scene-stealing Josh O'Connor performance, *Wake Up Dead Man* is another *Knives Out* puzzle that comes together splendidly. Visit [HERE](#) for details or contact Elaine Corrao to learn more ([ecorrao@uucsr.org](mailto:ecorrao@uucsr.org) or 516.472.2933).

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

**Yoga For All Levels, led by Mia**

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

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

**April 25, May 23**

**Exploring Earth-Based Spirituality Multiplatform Gathering**

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

# UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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

## Lead Minister and Minister of Lifespan Religious Education

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## Associate Minister for Congregational Life

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

## Associate Minister

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## Social Justice Coordinator

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

## Officers of the Congregation

President: Aimee Vella Ripley

Vice President: Paul Carbone

Secretary: Claudia Barbey

Treasurer: Moin Haque

## Members of the Board of Trustees

Carole Alexander Dana Gumb

Arnold Babel Larry Hass

Riki Birk

April 8, 2026

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Next Quest: Wednesday, April 22, 2026 | Deadline for Content: Tuesday, April 14 2026



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

Find out what's new this month on page 6!



**Spring cleaning? Place your unwanted 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.

Be as generous as you can for either bin.

*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](mailto: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](mailto:communications@uucsr.org). *Quest* may include content that does not necessarily reflect official policy.