



# 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 29, 2026

**Monthly Theme:  
EMBRACING  
POSSIBILITY**

## WORSHIP SERVICES

**SUNDAY, MAY 3, 2026, 11:00 AM**

Rev. David Carl Olason

**Flowing Not Past Us, But Through Us** John Muir wrote in his mountain journal: “The rivers flow not past, but through us.” While our congregation mourns the death of our Lead Minister, Rev. Dr. Natalie M. Fenimore, we affirm a river of possibility and hope yet flows through our congregation.

**FRIDAY, MAY 8, 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 **Jenna Nichols** 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, MAY 10, 2026, 11:00 AM**

Student Minister Bryan Bower

**Lessons from my Mother** The lessons and insights from our mothers are often some of those closest to our hearts, and because they are planted so deeply within us, they can even thrive and take on a life of their own. Good mothers can never really leave us, because their gifts to us can flourish within our lives even after they have gone.

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.

## TOUCHSTONES

Bryan Bower, Student Minister



In his first letter to the Corinthians, St. Paul wrote, “Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things.” This is usually recited at weddings these days, but Paul was talking about how a religious community ought to

be together.

Paul was right in general, but there also are times that test us, when we are forced to use our entire will and all of our effort just to endure and continue, moments of crisis and hardship, of profound sadness and loss. These are times when we truly need each other, to really come together, and which makes all the rest of that time seem almost like practice.

I am, unfortunately, all too familiar with such times. I don't talk about it often, mostly out of fear of making other people sad, but I have no living parents. When my father died, I was only three years old, but I have a vivid memory of that time. Of the hospital, of the funeral.

My family survived because of the love of our wider family, who took us in and helped us keep our lives together, and to rebuild. And a few years later, my mother reconnected with her high school sweetheart, and I still believe it's the only reason she married again—to rediscover an old love that was lost. But we did rebuild because that's what you do.

We had about ten years together like that, but sadly, my stepfather also died, while I was still in high school. By then, I knew the importance of holding things together, and I did try. But I was graduating soon and about to start my own life, and meanwhile some in my family gave in to the grief and couldn't bring themselves to get up and rebuild again. I spent many years trying to be the sole force which made it happen, before realizing I could not do it without their efforts, too, no matter how much I wanted it for them.

*continued on page 2*

## MILESTONES

**We share the sad news of...** the death of Estelle Henrich who was a long time UUCSR member before moving to Sioux Falls, South Dakota to live near her family. Estelle died on Sunday, March 8, 2026, at the age of 95. She was a member of the UUCSR Social Justice Committee and volunteered on various projects including working with the EOC on after school programs and cooking for the INN. Estelle taught both in New York City and on Long Island. She was a docent at the Nassau County Museum of Art, and she served on the board of the Folk Music Society for 39 years.

## 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!

## 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

## COMMUNITY FOOD PANTRY AND CLOTHES CLOSET

**Give What You Can—Take What You Need**

Members of our congregation and community are welcome to make use of the Food Pantry and Clothes Closet near the Main Kitchen entrance. Many thanks to those who donate. A special thanks to the anonymous donor who took the time to pack and label winter boots!

## TOUCHSTONES continued from page 1

I spent many years thereafter trying and failing to build something myself before fully realizing that you need a team to do anything; and it took some more time, but I began to find my Found Family, and slowly I built a new team to build with. I chose to go to seminary, so I could use my experiences to help others. And I fell in love with my partner, Jesse, who is now expecting our child at the end of spring.

Believe me when I tell you, the best way through a crisis is straight through, and arm in arm. No matter how resilient, you will want to quit at some point. We cannot truly guarantee we endure alone. We each need to hold each other up, and we all need to do our best to stand straight and tall as much as we can in case our neighbor is about to stumble. We must not assume that the rest of everyone is fine and only we are suffering; they are here for you, but you must be here for them, or none of us are here for anyone. We are, and we need to be, what holds us together. We need to be one another's strength.

Bryan Bower, Student Minister

## DENOMINATIONAL AFFAIRS COMMITTEE (DAC) Richard Bock, Chair

Our hearts are aching. Our loss is beyond belief. We join the congregants of UUCSR, other UU Congregations on Long Island, and vast Unitarian Universalist Association of Congregations across the country in mourning the death of our cherished Rev. Dr. Natalie Fenimore. We send loving and healing prayers to her beloved husband, Chuck Fenimore, and to their family, on their loss. We ask for strength as we enter this period of mourning. Blessings to all.

## BOARD OF TRUSTEES

### BOARD OF TRUSTEES AGENDAS

*Tuesday, April 21, 2026*

- 7:00 PM I. Opening Words
- 7:05 PM II. President's Message
- 7:10 PM III. March Minutes
- 7:15 PM IV. Personnel Committee
- 7:45 PM V. Finance Committee
- 8:15 PM VI. Ministry Next Steps
- 8:55 PM VII. May Congregational Meeting Agenda
- 9:00 PM VIII. Good of the Order



# *In Loving Memory of Rev. Dr. Natalie M. Fenimore*



## MINISTRY PROGRAMS

Rev. David Carl Olson



### Labyrinth by Candlelight

Friday, May 1, 6:30–8:30 PM

### World Labyrinth Day

Saturday, May 2, 10:00 AM–3:00 PM

“Walk as One at One” for world healing and peace at 1:00 PM

*From the registration page of World Labyrinth Day:*

### Manhasset, NY Labyrinth Walk



### World Labyrinth Day will be celebrated Saturday, May 2, 2026, on the Patio of the Unitarian Universalist Congregation at Shelter Rock.

The labyrinth will be situated next to a reflection space overlooking our Great Lawn and Woods. We invite participants to use the grounds of our campus as a place to reflect before and after walking the Labyrinth, a Chartres replication painted on canvas. We will also be accepting non-perishable food items for our food pantry.

A Ritual will be held just before we “Walk as One at One” for the healing of the world, in memory of lost peace makers, and as a commitment to future generations of our intention to be people of hope and possibility interconnected with all living systems.

Our 100-acre campus is somewhat hidden but found at the end of a long drive that can be entered between the signs at 48 Shelter Rock Road, not far from the Long Island Expressway and the Northern State Parkway. Park in the main parking lot and enter through the main doors into the Main Lobby. A table for non-perishable food donations will be in the Lobby. Pass through the Lobby to the glass wall and doors to the Patio, where the Labyrinth will be installed.

Our portable labyrinth is being used as we plan to create a permanent labyrinth space in conjunction with the conversion of part of our Great Lawn into a wildflower meadow.

A comment: Our congregation is in a liminal space, right with the very recent death of our Lead Minister, Rev. Dr. Natalie Fenimore. We remember her and all she contributed to humanity in her life and ministry, and invite all to remember their own fallen leaders of many generations who have brought the human family to where we are today.

## LAND MANAGEMENT ECOLOGIST

Agnes P. Cwalina

### Please Join in the Following Events:

#### Take a Walk in the Forest!

Thursday, May 17, 1:00 PM

Join Doug Winkler, longtime UUCSR member and naturalist, with Agnes, UUCSR's Land Management Ecologist for a guided walk along the forest trails. We'll tour the Oak-Tulip Tree Forest and visit the plants and animals seen this time of year. All ages welcome. Register [HERE](#).

#### Join the Weekly Land Stewards Club!

Tuesdays, 9:00 AM

The Land Stewards is an adult volunteer group that tends the native gardens and forest on the UUCSR grounds. We'll geek out on plants, animals, and get our hands in the soil. Register [HERE](#).

Contact Agnes P. Cwalina, UUCSR Land Management Ecologist, at [acwalina@uucsr.org](mailto:acwalina@uucsr.org) with follow-up questions.

## 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).

## BOOKSTORE COMMITTEE


Elaine Peters, Chair

### Bookstore and Gift Shop

There are only a few copies of this year's Common Read left! The Common Read this year is titled, *Social Change Now: A Guide for Reflection and Connection*. Discussions will be held Saturday, May, 2 led by Rev. Meagan Henry and Student Minister Bryan Bower. It is a combination of selected readings and workbook. Come into the Bookstore and get one while they last.

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.

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.



**Staff Work Anniversaries  
May**

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

**Linda McCarthy, Communications Associate**  
Celebrating 9 years on May 1

**Valentin Guerrero, Facilities Technician**  
Celebrating 4 years on May 23

**Enrique Porras, Lead Facilities Technician**  
Celebrating 27 years on May 24

## ART COMMITTEE

Paul Kopelow, Chair

Allan Richards "The Way I See it..."

Artist Reception:  
Sunday, May 17  
1:00-3:00 PM

Exhibit on display:  
Friday, May 1-Monday, May 25  
UUCSR Art Gallery  
All are welcome!



## GREEN SANCTUARY COMMITTEE

Jennifer Roth, Chair

Spring 2026 is probably one of the most anticipated seasons on record in a very long time. Let's not forget the early harbingers of spring; the Snowdrop, the Crocus, and what might not be so familiar to those who live inland—the Skunk Cabbage. This unique trailblazer, scientifically known as *symplocarpus foetidus* generates its own heat from underground and under snow with a process known as *thermogenesis*, allowing it to endure some very harsh conditions often seen in February.



Agnes P. Cwalina and Jennifer S. Roth both volunteered as research participants with the Queens College Ecology Lab along with at least 20 other volunteers in the northeast. Volunteers were assigned a local park where this fascinating plant thrives. The study was designed to monitor the flowering patterns in nearer urban areas versus more rural areas.

Agnes and Jennifer went to Alley Pond Park in Bayside, and the Science Museum of Long Island in Port Washington. They made biweekly visits using an endoscope and recorded photos on a platform designed to monitor the blooming cycle, gender, and decline of this fascinating beauty. Readings included male, female, bisexual, and immature recordings. The next time you are in the forest, near a stream, look for a large green leafed fan like plant that resides in mud!

## 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
4/28/2026	Maryellen Pierce	Would you rather do THIS or THAT (Based on Gordon-Davis book series)
5/5/2026	Jill Marcus	Ethical Eating—What's it all about. What do you do, or are you willing to do in your diet to reflect your values. Some recipes will be provided.
5/12/2026	Open Chat	
5/19/2026	Guest Speaker Julie Grey-Owen	Beyond The Basics: Gender Diversity 201

# EASTER AT UUCSR



## 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 Social Justice Committee Presents

# Stories from Palestine

**SATURDAY, MAY 9 | 3–5 PM**  
**CHAPEL AT UUCSR**



with  
**REV. MEAGAN HENRY**  
*Associate Minister at UUCSR*

**In a world where the voices of the vulnerable are too often silenced, we are called to listen. Join us on Saturday, May 9th from 3–5 PM in the Chapel at UUCSR** for an afternoon of sacred witness as Rev. Meagan Henry shares stories gathered during her recent pilgrimage to the West Bank – stories of resilience, loss, faith, and enduring hope passed down across generations.

Through her time on the ground, Rev. Henry encountered the lived realities of Palestinian families navigating occupation, displacement, and the daily struggles for dignity and survival. These are not abstract headlines. They are human stories, told in homes, in streets, and in sacred spaces, by people whose lives bear the weight of a long history.

As people of faith and conscience, we are invited to sit with the complexity of this moment, and to allow these stories to move us, challenge us, and deepen our understanding of what justice, peace, and solidarity truly require of us.

**Come with an open heart and a willingness to bear witness. Refreshments will be served. All are welcome.**

**LEARN MORE HERE:**  
[uucsr.org/Palestine26](https://uucsr.org/Palestine26)

Questions? Contact  
Sonia Arora at [sarora@uucsr.org](mailto:sarora@uucsr.org)  
or Rev. Meagan Henry at [mhenry@uucsr.org](mailto:mhenry@uucsr.org)

**CALLING ALL UUCSR MEMBERS**

**Garden Plots  
Available at UUCSR  
Community Garden!**

**FIRST COME FIRST SERVED  
CONTACT BY MAY 31**

**UUCSR Members are able to  
have your own plot at the UUCSR  
Community Garden.**

**All experience levels are welcome  
as long as you are willing to  
commit time to working on  
their plot and learning.**

**Interested? Contact Anne S.  
at [uaapse@gmail.com](mailto:uaapse@gmail.com)**

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SPONSORED BY THE UUCSR WOMEN'S GROUP

# TGIF: Bend It Like Beckham Movie

TGIF

FRIDAY, MAY 1, 2026 • 6:30 PM • ART GALLERY

Discussion to follow. *Bend It Like Beckham* (2002) is a British comedy-drama about Jess Bhamra, an 18-year-old British-Indian girl in London, who dreams of playing professional soccer like her idol, David Beckham. She faces cultural conflict, as her traditional parents forbid it, favoring marriage and education instead.

Register Here: [uucsr.org/26MovieTGIF](https://uucsr.org/26MovieTGIF)

Registration Deadline: Wednesday, April 29  
Professional childcare available.

The light refreshments are traded in for a 6 ft. hero, 1/2 vegan, fruit platter, cookie platter, iced tea and lemonade.  
Coffee, tea, and water are always offered.

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

UUCSR Adult Programs Committee Presents

# Adult Bible Class With Student Minister Bryan Bower

SUNDAY, MAY 24 | 1 PM | RE ROOM 15

You are invited to join in studying the Bible critically and intelligently with Student Minister Bryan Bower, who specialized in modern Biblical Studies at Union Theological Seminary. For our third session, we will be studying excerpts from **Acts of the Apostles**. Rather than taking these texts at face value, we will examine the signs that the text was compiled from older sources.

These are each individual classes, and you don't need to have attended the first to sign up for this one! No background in the Bible is necessary, just curiosity and willingness to learn! Please click [HERE](#) for more information and registration details.

Questions? Please contact Jamie Walowitz:  
([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org); 516.472.2943.)

This program is taking place this upcoming Saturday, 5/2/26!  
Please register or come to the Art Gallery at 2 PM if you'd like to attend!

Social Change Now:  
A Guide for Reflection and Connection

## CY 2025-2026 Common Read at UUCSR

Deepa Iyer

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)

## SPECIAL EVENT HIGHLIGHTS

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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))

## Guided Forest Walk

**Sunday, May 17, 2026 | Meet in the Main Lobby  
1:00–2:30 PM**

Join Doug Winkler, longtime UUCSR member and naturalist, with Agnes P. Cwalina, UUCSR's Land Management Ecologist for a guided walk along the forest trails. We'll tour the Oak-Tulip Tree Forest and visit the plants and animals seen this time of year. Please come prepared for outside weather and uneven terrain, binoculars encouraged. All ages welcome.

Registration required, limited spots

Meet in the Main Lobby

Rain Date: Sunday, June 14 at 1:00 pm

Register Here: [uucsr.org/26ForestWalk](https://uucsr.org/26ForestWalk)

Questions? Contact Agnes P. Cwalina ([acwalina@uucsr.org](mailto:acwalina@uucsr.org))

THE UUCSR MINISTRY TEAM PRESENTS

## PRACTICING EMPATHY

**Third Sundays Monthly | 1:00 PM | Veatch Library  
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 Adult Programs Committee Presents

## Living Our UU Faith: Deep Listening, Deep Questions

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

**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

## 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.

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### Sundays Monthly | 1:00–3:00 PM | UUCSR Veatch Terrace Room May 17, Jun 21, July 19, August 16, September TBD, 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 Carson Jones at 516.472.2915 or [cjones@uucsr.org](mailto:cjones@uucsr.org).

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### 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.

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### 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.

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

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).

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### 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 conversation leaders/topics.)

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### 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).

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### 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.

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### 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).

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### 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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## 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.

### 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)).

### 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.

### 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 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).

### 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).

### 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](#).

### Third Fridays | 3:30 PM

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

**May 15:** *The Berry Pickers*, by Amanda Peters, discussion led by Lee Geisen. In July 1962, following in the tradition of Indigenous workers from Nova Scotia, a Mi'kmaq family arrives in Maine to pick blueberries for the summer. Weeks later, four-year-old Ruthie vanishes, last seen by her six-year-old brother, Joe, sitting on a favorite rock at the edge of a berry field. The book is an unforgettable exploration of grief, love, and kin. Visit [HERE](#) for details or contact Elaine Corrao to learn more ([ecorrao@uucsr.org](mailto:ecorrao@uucsr.org) or 516.472.2933).

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

#### Women's Group Online Film Discussion

**May 15:** *Blue Moon*. 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 heart and soul of Blue Moon, a beautifully written though occasionally uneven chamber style character piece.

**May 22:** *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. Visit [HERE](#) for details or contact Elaine Corrao to learn more ([ecorrao@uucsr.org](mailto: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 Miaw

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

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

#### 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

Rev. Dr. Natalie M. Fenimore, *of blessed memory*

## Associate Minister for Congregational Life

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

## Associate Minister

Rev. Meagan Henry ([mhenry@uucsr.org](mailto:mhenry@uucsr.org))

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## Youth and Adult Faith Engagement Coordinator

Jamie Walowitz ([jwalowitz@uucsr.org](mailto:jwalowitz@uucsr.org))

## 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 29, 2026

ADDRESS SERVICE REQUESTED  
FIRST CLASS MAIL DATED MATERIAL

**Next Quest: Wednesday, May 6, 2026 | Deadline for Content: Tuesday, April 28, 2026**

MUSIC AND PERFORMING ARTS AT SHELTER ROCK PRESENTS



# CHAMBER MUSIC AT SHELTER ROCK:

Featuring Nathaniel and Friends

**Saturday, June 20 • 7 PM • Worship Room**  
**RAVEL and HAYDN**

Piano trios by both Ravel and Haydn  
Selections for 2 pianos/four hands

With musicians

<b>Nathaniel LaNasa</b> Piano	<b>Stanichka Dimitrova</b> Violin
<b>Sophia Zhou</b> Piano	<b>Valeriya Sholokhova</b> Cello

Reception to meet the artists following the performance.

**TICKETS HERE**  
[uucsr.org/Ravel26](https://uucsr.org/Ravel26)

**\$10/\$20 maximum for families • 18 years old and under FREE**  
**RESERVE TICKETS IN ADVANCE TO GUARANTEE A SEAT**  
Tickets available at door • Only prepaid tickets will be guaranteed seating.

Questions? Contact Noah Russell ([committeeassist@uucsr.org](mailto:committeeassist@uucsr.org))  
or Sharyn Esposito ([sesposito@uucsr.org](mailto:sesposito@uucsr.org)).

# CALL FOR MUSICIANS

## ANNUAL SUMMER CONCERT 2026

THE ORCHESTRA AT SHELTER ROCK  
Stephen Michael Smith, Music Director

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## 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."

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**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, at [uumusic@uucsr.org](mailto:uumusic@uucsr.org)

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