



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



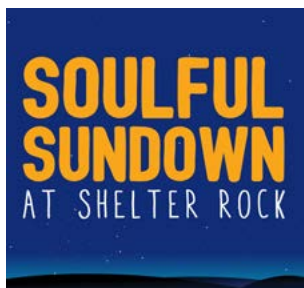
May 7, 2026

**Monthly Theme:
AWAKENING
CURIOSITY**

WORSHIP SERVICES

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 Nicholls** 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

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.

TOUCHSTONES

Rev. David Carl Olson



Dear congregation, dear community,

*Dear fear,
I see you, fear.
I hear you.
I know you.
I'm not mad at you
and I don't believe you.*

I chose these words of Atena O. Danner to conclude our service recently because I hear in them some help for me, some help to deal with feelings.

Feelings, yup, I have 'em. Beyond all my education, beyond working for a classy congregation of grand capacity, I have feelings. And especially as I deal with my grief. I am sad. I am mad. I sometimes am glad without explanation. And I am often afraid.

Afraid of the future. Afraid of the loss of well-laid plans. Afraid of the joy that comes in sharing leadership together. Afraid of being alone.

Danner notices the fear that she holds. Sees it. Hears it. Knows it. And does not believe that that fear contains the whole truth.

I love where she takes this:

*Fear, you are like my teenage child. Sibling. Self.
You flinch and you protect. You warn.*

Because she knows that her fear is not the whole truth, she can contain it, for a moment, by imagining that it is something uncontainable in her life—her teenager—with whose moments she somehow got through. And it reminded her of other persons, and even her very own self. All using fear as a means by which she is protected and warned of other danger.

Then she makes friends with that loathsome emotion:

*You need rest.
Let me relieve you, guard you while you sleep.*

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

MILESTONES

Margaret Logan—Memorial/Celebration of Life... Margaret Logan's Memorial/Celebration of Life has been scheduled for Saturday, May 16, at 12:00 Noon, in the Worship Room followed by a reception in the Art Gallery. For those members who cannot make the service in person, we will provide you with a link to the livestream, contact Sharyn at sesposito@uucsr.org for the link. Expressions of sympathy may be sent to Margaret's daughter:

Mary Logan
1204 Hall Avenue
White Plains, NY 1060

Rev. Dr. Natalie M. Fenimore—Memorial/Celebration of Life...

It is with profound sadness that we write to you to inform you of the passing of our beloved Reverend Dr. Natalie M. Fenimore on Wednesday, April 15. A Celebration of Life will be held on Saturday, May 30, at 1:00 PM, in the Worship Room followed by a reception in the Social Hall. You are invited to wear yellow in honor of Natalie, to celebrate her favorite color. Condolences can be sent to:

Chuck Fenimore
c/o UUCSR
48 Shelter Rock Road
Manhasset, NY 11030

Captain Hugh Stephens—Memorial/Celebration of Life... We share with you the sad news of the death of longtime member Captain Hugh Stephens. Hugh died on Sunday, April 26, at the age of 102, peacefully surrounded by his family. He is survived by his life partner, UUCSR congregant, Maryann Zappulla; his son and daughter-in-law, Dean and Lisa Stephens; his daughter, Mary Stephens; and many other family members, including grandchildren and great-grandchildren. He is preceded in death by his wife, Betty Stephens, and his son, Kirk Stephens Sr. As most of you know Hugh was a true American hero. During World War II, he served in the U.S. Merchant Marines. A Celebration of Life/Memorial has been scheduled for Saturday, June 6, at 12 Noon, in the UUCSR Worship Room followed by a reception in the Art Gallery. Condolences can be sent to:

Maryann Zappulla
5 Briarcliff Ln
Glen Cove, NY 11542-3102

ART COMMITTEE

Paul Kopelow, Chair

Alan 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!



TOUCHSTONES

continued from page 1

This ever-wise mother knows that her feelings need not overwhelm. Recognized, they say something about who she is. They say something about the situation she is in. They remind her of her own capacity, creativity, and resilience. And she allows herself a chance to pause and consider. And then she acts:

*I see you still and breathing,
I gently close the door
and step away.*

Dear friends, even in this time when we may be full of feelings, may we pause. May we take the time to notice where we are, how resilient we are as a people, and even be hopeful that there is a future for us. And may we act.

With fond affection,
In a faith that frees,
David Carl Olson

BOOKSTORE COMMITTEE

Elaine Peters, Chair

Bookstore and Gift Shop

For the special woman in your life, there are available astrological necklaces, UU earrings, and books on meditation to gift her. Some outstanding books on meditation are: *Rejoice Together*, edited by Helen Pickett; *Incantations for Rest*, by Alena O. Danner; and *Beyond Absence*, poems, quotations, and readings on death and remembrance collected by Edward Searle. Or a book on *Splendid Silk Embroidery*, by Chris Ranken could be more suitable.

Call For Volunteers!

The Bookstore and Gift Shop needs volunteers to join the sales staff for one Sunday a month. It is open from 12:00–1:00 PM. If you are interested, please call Elaine Corrao at 516.472.2933.

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!

PHOTOS FOR NATALIE

Photos for Rev. Dr. Natalie M. Fenimore's Memorial/Celebration of Life Needed by Friday, May 22

Please email any photos you may have of Rev. Dr. Natalie M. Fenimore, Shelter Rock's former Lead Minister and Minister of Lifespan Religious Education, to Sharyn Esposito at sesposito@uucsr.org, no later than Friday, May 22.



Photos of you with Natalie, of your loved ones with Natalie, and of Natalie alone will become part of a slideshow in blessed memory of Natalie that will be shown during the Celebration of Life on Saturday, May 30. They can be serious, fun, silly, or whatever you have.

If you have any questions, please contact Sharyn at sesposito@uucsr.org or at 516.472.2960.

**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

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

REV. MEAGAN HENRY

Associate Minister

Invitation to Join Rev. Meagan Henry for Stories From Palestine on Saturday, May 9, 3:00–5:00 PM in the Chapel

This past January 2026, I had the profound honor of leading the first-ever delegation of Unitarian Universalist religious professionals to the West Bank and East Jerusalem—my third journey to this sacred and deeply complex land. My commitment to this work began years ago during my ministerial internship at the Community Church of New York, where I led a delegation of UUs to Jordan on an immersive learning journey. Since then, I have remained dedicated to expanding our Unitarian Universalist understanding of the Middle East and the realities of colonialism, occupation, and apartheid as I have witnessed them firsthand in Israel and Palestine.

I invite you to join me for this event this Saturday, May 9, from 3:00–5:00 PM, where I will be sharing personal stories of the individuals and communities I had the privilege of meeting during this most recent journey. These are only a few of the stories of resilience, faith, and humanity that I encountered on my journey.

In peace,
Rev. Meagan

See page 5 for more details

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.

GREEN SANCTUARY COMMITTEE

Jennifer Roth, Chair

Once again, the Green Sanctuary Committee from UUCSR had a strong presence at the Earth Day event at Port Washington Library. The UU representatives from Green Sanctuary engaged with other eco-conscious local community organizations and provided new seedlings and invitations to outdoor events. This year, there was live wildlife thanks to Sweetbriar Nature Center from Smithtown, and Entomologist Louis Sorkin from the American Museum of Natural History.



The ReWild spring plant sale preparation was a great event to kick off the garden season! A group of volunteers gathered under the direction of the charismatic Raju Rajan and worked tirelessly. It was a fabulous cardio workout and resembled a Zen retreat in its group solitude and necessary focus.



Submitted by Jennifer Roth

Donate Locally, Impact Globally

DSW has a donation bin for your used shoes right here in Manhasset. They, as well as other retailers, are a community partner for Soles4Souls, a national organization devoted to the resale and reuse of shoes and clothing. They are dedicated to creating opportunity with their resale and reuse model, which ultimately creates jobs, eliminates waste, and turns excess into relief for communities in need. For more information visit www.soles4souls.org.

Submitted by Elaine Peters

MEN'S GROUP

Robert Penaskovic, Chair

Science Discussion Network—Informal Discussions Sundays after Services, June to September



The Science Discussion Network presented programs this year on topics ranging from “Understanding Math Fear” to “Science and Religion.” Starting in October 2026, we will have another series of presentations and discussions covering ideas such as “What Is the Science of Aesthetics” and “When Doctors Can’t or Won’t Help.”

This summer, stay connected by joining our informal discussions in the Social Hall after Sunday Services. Grab your lunch and join us at our table for an hour of conversation and discovery. We will share our stories, talk about Einstein’s view of religion, focus on the latest AI news, discuss science fiction, share a great science book, and more. Our concerns, passions, and readings will set the tone and direction of the conversations.

The planned schedule is Sunday, June 21, and June 28, and then every other Sunday. Come as often as you like. Look for email reminders if you are on our list, or contact Elaine Corrao 516.472.2933 or ecorrao@uucsr.org for information or to be added to the email list.

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

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
5/12/2026	Open Chat	
5/19/2026	Guest Speaker Julie Grey-Owen	Beyond the Basics: Gender Diversity 201
5/26/2026	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?

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.

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 9 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

Questions? Contact
Sonia Arora at sarora@uucsr.org
or Rev. Meagan Henry at mhenry@uucsr.org

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)

Register at uucsr.org/26WGLunch

Admission at the door if space is available

Questions? Please contact Corrao
(516.472.2933 or ecorrao@uucsr.org)

Various Routes to the Veatch Ballroom for the Sunday, May 10 Lunch:

While the Veatch house elevator is being repaired, here are ways to get to the Veatch Ballroom:

1. Walk through the Art Gallery back door. Go down the path a little ways to the first Veatch house door on your right. No elevator/stairs.
2. Take the Main Lobby elevator to LL. Turn left and walk past the reception desk to the end of the hallway. Turn right and walk through doors to Veatch courtyard lobby. Turn left and head to the spiral staircase. Walk up one flight.
3. From Veatch courtyard parking lot, enter the door to the lobby. Walk ahead to the spiral staircase and up one flight.
4. Park in the lower level parking lot. Go up the stone stairs and enter through the main entrance (to the left of the Veatch Ballroom doors). Please note that the Veatch Ballroom doors are not an entrance.

SPECIAL EVENT HIGHLIGHTS

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The Denominational Affairs Committee Presents

Partner Church* Tag Sale

**NEW
DATE**

**Sunday, May 17
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, May 15

*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, barry@nobel.org) or
Sharyn Esposito (516.472.2960, sesposito@uucsr.org)

Guided Forest Walk

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

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

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

SPECIAL EVENT HIGHLIGHTS

Listed in chronological order | Additional information at uucsr.org/events

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Sponsored by the UUCSR LGBTQ+ Sub-Committee of the Social Justice Committee
Sponsored by the UUCSR LGBTQ+ Sub-Committee of the Social Justice Committee

BEYOND THE BASICS: GENDER DIVERSITY 201

TUESDAY, MAY 19 | 6:30—8:30 PM | ZOOM

This interactive workshop builds on foundational gender education to deepen participants' understanding of transgender, nonbinary, and intersex people, as well as the complex issues currently impacting gender-expansive communities. **Register Here:** uucsr.org/Gender26.

With Juli Grey-Owens: As the Executive Director of GENY (Gender Equality New York) and founder of the organization, Juli works tirelessly to pass necessary legislation, provide opportunities for community members to connect, and to educate the public by organizing and delivering "Trans 101" sessions across the state. She has provided training for health care providers, government agencies, police departments, school personnel and camp directors.

JOIN US AT: <https://us06web.zoom.us/j/88338174041>

Registration requested but not required

Questions? Contact Sonia Arora

516.472.2975 or sarora@uucsr.org

UUCSR Adult Programs Committee Presents

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

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

SUNDAYS, 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 or 516.472.2943

UUCSR Adult Programs Committee Presents

Adult Bible Class

With Student Minister Bryan Bower

4 SUNDAYS

MARCH 22, APRIL 12, MAY 24, JUNE 14

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. Rather than taking these texts at face value, we will examine the signs that the text was compiled from older sources.

For our third session, we will be studying excerpts from **Acts of the Apostles**. Most likely written at the end of the first century CE and presumably written by the writer of the "third Gospel," Luke, it continues the narrative after the end of the Gospel story, and through the first decades of the followers of a risen Jesus. While he appears a bit later in the text, Paul is clearly the center of the story; and yet, key details of this story clash with the seven letters of Paul which scholars have concluded to be authentic, which we will also look at together.

No background in the Bible is necessary, just curiosity and willingness to learn!

These are each individual classes, and you don't need to have attended the first to sign up for this one!

REGISTER HERE:
uucsr.org/BibleClass26

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

SPECIAL EVENT HIGHLIGHTS

Listed in chronological order | Additional information at uucsr.org/events

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

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**

THE UUCSR MINISTRY TEAM PRESENTS

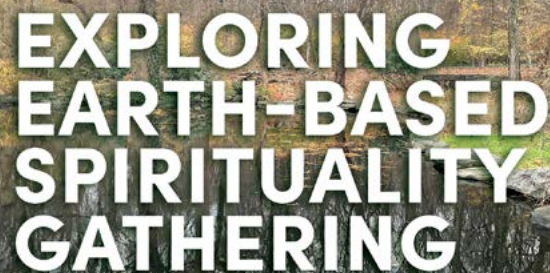


PRACTICING EMPATHY

**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).



EXPLORING EARTH-BASED SPIRITUALITY GATHERING

**Fourth Saturdays (May 23) Monthly | 11:00 AM
RE Room 19 and Chapel
Exploring Earth-Based Traditions Gathering**

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. 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)

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.

MUSIC AND PERFORMING ARTS PRESENTS

CHAMBER MUSIC AT SHELTER ROCK:

Featuring Nathaniel and Friends



Saturday, June 20
• 7 PM •
Worship Room

Featuring the music of
RAVEL and HAYDN

FEES

**\$10/\$20 maximum for families
18 years old and under FREE**

**Reserve tickets in advance
to guarantee a seat.**

**Only prepaid tickets will be
guaranteed seating.**

TICKETS HERE
uucsr.org/Ravel26

Questions? Contact
Noah Russell at committeeassist@uucsr.org
or Sharyn Esposito at sesposito@uucsr.org

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

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

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

Small Group Ministry

led by Iris McKenna

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

**Sundays Monthly | 1:00–3:00 PM | UUCSR Veatch Terrace Room
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.

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 | 10:00–11:15 AM | Art Gallery

May 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 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 4 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 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.

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 *Awakening Curiosity*. 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.

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

Thursdays | 1:00–4:00 PM, or until “Game Over” | 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 | 10:45–11:45 AM | In-Person in Lounge at Hadley House or on ZOOM

Medical Qigong for Senior Health—Spring/Summer 2026 led by Ashley Baldwin

Fridays: May 8, 15, 22, 29; June 5, 12, 26; July 3 (8 Classes, No Class on Friday, June 19)

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

Fridays via Zoom | 12:00 PM Great Books

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

23rd of Every Month via Zoom | 6:30–7:00 PM Online Vigil to End Solitary Confinement

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

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

May 15: *The Cliffs*, by J. Courtney Sullivan, discussion led by Patti Paris. *The Cliffs* is a poignant exploration of family, grief, and self-discovery, centered around Jane Flanagan's return to her hometown after her mother's death, where she confronts her past and the complexities of her upbringing. 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

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 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 or 516.472.2960).

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

48 Shelter Rock Rd, Manhasset, NY 11030 | 516.627.6560 | uucsr.org | 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)

Associate Minister

Rev. Meagan Henry (mhenry@uucsr.org)

Congregation Operations Administrator

Adam Barshak (abarshak@uucsr.org)

Executive Director, Veatch Program

Joan Minieri (joan@veatch.org)

Music Director

Stephen Michael Smith (ssmith@uucsr.org)

Lifespan Religious Education Coordinator

Carson Jones (cjones@uucsr.org)

Youth and Adult Faith Engagement Coordinator

Jamie Walowitz (jwalowitz@uucsr.org)

Social Justice Coordinator

Sonia Arora (sarora@uucsr.org)

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May 7, 2026

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Next Quest: Wednesday, May 20, 2026 | Deadline for Content: Tuesday, May 12, 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 2!



Donation Bins

**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.

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