



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, 2025

**Monthly Theme:
THE PRACTICE OF
IMAGINATION**

WORSHIP SERVICES

FRIDAY, MAY 9, 2025, 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. Special Guest Nini Camps 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 at 7:15 PM.

SUNDAY, MAY 11, 2025, 11:00 AM

Rev. Mary Katherine Morn, Guest Minister

Love Implementing the Demands of Justice Rev. Mary Katherine Morn is President and Lead Executive Officer at the Unitarian Universalist Service Committee (UUSC). After decades of leadership in progressive faith communities and denominational service, Mary Katherine now leads the 85-year-old human rights organization. UUSC is inspired by progressive values and committed to shifting power and resources to advance global human rights where people have been criminalized for their identity and/or activism; displaced by violence, economic inequity, and climate crisis; and otherwise impacted by intersecting oppressions.

SUNDAY, MAY 18, 2025, 11:00 AM

Rev. Israel Buffardi

Living the Questions Transformation is rarely tidy. It can be slow and subtle or break us open all at once. Let's explore the theme of transformation—not through easy answers, but through real questions. What does it take to change? How do we know when we've outgrown a part of ourselves? What are we willing to risk to grow?

TOUCHSTONES

Madison Colquette, Student Minister



The first UU service I attended was a holiday celebration service at All Souls in New London, CT, in December 2016. I did not know anything about Unitarian Universalism at this point, but my friend asked me to go with her to a service. Following the 2016 election, I was searching for meaning amidst my own shock and grief with the results. Perhaps liberal religious community might provide some clarity, I wondered.

Upon arrival, my pals and I learned that the service would feature a congregation-wide nativity scene to honor the season complete with Mary, Joseph, the baby Jesus, wisemen, shepherds, all the animals, etc. Wait, I thought. Was this going to be like the conservative Christian services I'd always attended in my youth?

The truly enlightening moment was when I saw that a young girl, likely 4 or 5, was sitting on her parent's shoulders and walking down the aisle with the nativity party, wearing a Batman mask. She then, atop her perch, remained at the nativity scene throughout the presentation. Mary and Joseph, the baby Jesus, the shepherds, and their flocks were all there. So, too, was Batman. This was a meaningful embodiment of UU values as I understood them at that moment: all were welcome in this space—even Batman.

After believing myself to no longer want any part of religion, which I had come to believe was constrictive and binary, Unitarian Universalism was greatly healing for me in that brief, and memorable, moment. If Batman belongs, well then surely I do, too. As we explore imagination this month, I return to that child in the Batman mask—an unlikely prophet—reminding me that bold imagination is not only welcome in our faith, but vital to it.

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WORSHIP SERVICES

continued from page 1

SUNDAY, MAY 25, 2025, 11:00 AM

Rev. David Carl Olson

A Thousand Years, Like Yesterday In the Hebrew Bible, we are asked to imagine our lives in the light of the immensity of history. We have such a brief time on this earth. On Memorial Day, we remember the sacrifices made by prior generations and imagine with one another what others might say of us when thinking about how we lived our lives in time of challenge and change. Please wear a flower of remembrance and come up the long driveway to the Worship Room with an open heart.

SUNDAY CAFÉ

Social Hall | Following Sunday Morning Worship Services

Vegetarian and vegan options are always available

CHILDREN ONLY \$5 kids' meal:

chicken fingers, mac and cheese, fruit platter

ADULTS \$10:

May 11: green bean casserole, vegetarian risotto, hot roast beef in gravy, mashed potatoes, corn, tossed salad

May 18: chicken Francaise, pasta primavera, garlic bread, tossed salad

May 25: See below for BBQ details*

All meals include lemonade, iced tea, and dessert.

*Please plan on joining Rev. David Carl Olson after Worship Service for a **Memorial Day Weekend BBQ** at Sunday Café, May 25, at 12:30 PM, on the Patio. Suggested donation of \$10 per person is welcome to offset the price of food. Children eat free.

Menu includes hamburgers, hot dogs, and veggie burgers, chicken nuggets, salads, potato chips, watermelon, and ice cream cups.

Volunteers are needed to help with the grill. If you are available to help, please call Sharyn Esposito at 516.472.2960. Thank you.

Please note, if inclement weather, we will move to the Social Hall.

CARING COMMITTEE

Martha Chimienti, Chair

Spring Birthdays Celebration

Sunday, May 18

12:00–1:00 PM | Social Hall

The Caring Committee will celebrate Spring 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.



CONGREGATIONAL AFFAIRS

Adam Barshak, Congregation Operations Administrator

American Heart Association Heartsaver CPR/AED Certification Classes Offered

UUCSR has arranged for CPR/AED training for all interested members and staff at Shelter Rock *free of charge*. For members, Advanced Training Center of Long Island will offer CPR/AED certification on Saturday, May 17, for those who are registered. Class will run from 9:00 AM–12:00 PM. Limited to 15 participants.



Please register [HERE](#).

(<https://uucsr.churchcenter.com/registrations/events/2870061>)

The training is interactive and physical; please wear comfortable clothing and sturdy footwear. Please contact Tammy Weil (516.472.2913 or tweil@uucsr.org) for additional information.

MEMBERSHIP COMMITTEE

Paul Drezner, Chair

Membership Renewal

Thank you to all who have contributed and renewed their membership for the 2025–2026 campaign.

Your membership is linked to your contribution and must be made by Thursday, July 31.

To be consistent with the process used for new members, we require that you make an initial payment towards your contribution. You can then opt to pay the remaining portion throughout the year, weekly, monthly, or quarterly, or the initial payment can be your total contribution.

If you have any questions please contact Paul Drezner, Membership Chair, at stargatecd@aol.com or 516.627.0428 or Sharyn Esposito in the office at sesposito@uucsr.org or 516.472.2960.

submitted by Carla Drezner

Please remember to check the Lost and Found bin located under the welcome desk in the Main Lobby.

RESPECTFUL RELATIONSHIPS TEAM (RRT)

Paul Carbone, Chair

Hi Fellow Congregants and Friends!

On Sunday, April 27, we experienced the beautiful music and haunting story of "Considering Matthew Shepard," led by our own Stephen Smith, that reminded us we all have inherent worth and dignity, are all part of the same human family, as well as other life on this earth, and that no one is above or below anyone else. When we see other humans as "lesser than" or worse, with contempt, we give ourselves permission to feel hatred that can lead us to act with aggression and violence. Dehumanizing allows inhumanity.

Fittingly, that was followed by a well-attended workshop called "Understanding and Responding to Bias." The facilitator, Lynda Josenhans, educated attendees on being compassionately aware of how others might feel about your words or actions, and how we can take the opportunity to ask others questions to encourage their self-reflection when you feel marginalized by their actions or words. Implicit bias is within us all to a degree and is part of being human. When we are open with each other, we can take responsibility for our feelings and share them together compassionately. This workshop will be repeated on Sunday, May 18, at 1:00 PM in the Chapel. Register [HERE](#). (See page 9 for details.)

Finally, look for an announcement about another workshop by Aisha Hauser, on Saturday, May 17, 12:00 PM on having difficult conversations with compassion. RRT is also co-sponsoring the Mental Health sub-committee's Upstander Training on Saturday, May 10, from 1:00–3:00 PM about how to stand up to hatred. Register [HERE](#). (See page 8 for details.)

Consider this: when you feel angry or anxious about a situation, sit with that feeling. Explore why you are having it, instead of what in that situation caused that feeling. It is just a different perspective and puts you in better control of your response to it and subsequent actions. I once had a mentor in my corporation who used to say, "Before you send that email, save it, get some sleep and look at it again in the morning." Invariably I revised the email from my initial reactive and compulsive response to a more conscious, reflective response. Remember, none of us really knows the journey another has been on, so let's never forget the inherent worth and dignity of all people.

Rev. Paul Carbone, Interfaith/Interspiritual Minister
carboney1@gmail.com

DENOMINATIONAL AFFAIRS COMMITTEE

Richard Bock, Chair

Denominational Affairs Committee News

A packed Social Hall gathering welcomed our Transylvania high school student choir. These very talented young girls and boys not only sang for us but also shared their dance skills. We thank our many members who provided home hospitality for the 40 students and five adults as they toured our country.

DAC continues to work with our GA Delegates as they prepare for the 2025 event in Baltimore. As we near the end of the year, we hope you will consider joining DAC.

Finally, DAC thanks Barry and Maija Nobel for creating a most successful Partner Church Auction. Final totals will be announced in our upcoming column.

In faith,
Richard Bock, Chair Denominational Affairs Committee

GREEN SANCTUARY COMMITTEE

Jim Peters, Chair

Native Plants for the Backyard

Native plants help our environment and also wildlife. Birds and insects need them for food. These plants also have good root systems which stabilize the soil curbing rainwater runoff. One overlooked native plant is a shrub called witch hazel. It provides food, fruit that birds can eat as well as wild turkeys and pheasant. Their flowers attract butterflies and moths and can be a host for moth caterpillars.

Go on line to see what native plants you can find or ask your local nursery for assistance

Submitted by Elaine Peters, Green Sanctuary Committee

Place your 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.



SOCIAL JUSTICE COMMITTEE

Shanti Flot, Chair



From the Desk of Social Justice Coordinator Sonia Arora

Join the Town Hall Series, on Zoom, co-sponsored by NYCLU and UUCSR, which is detailed in the following:

Liberty in Motion: Our Watershed Moment

"Liberty in Motion: Our Watershed Moment" is a four-part Town Hall Series centering conversation on the action we can take to protect and promote equity in our own communities faced with unprecedented threats.

Defending Reproductive Healthcare and LGBTQ+ Rights (Part 3) Thursday, May 22, 6:30–8:00 PM

At a moment in history when bodily autonomy is under attack, feminist and LGBTQ+ movements are called on to show up for transgender community members and protect reproductive healthcare. Join us for the fourth and final installation of the Town Hall Series, "Liberty in Motion: Our Watershed Moment," to learn about the policies that will ensure that all New Yorkers are treated equitably and to learn what you can do on the eve of pride month to help defend reproductive freedoms and LGBTQ+ rights. Topics will include legislation to protect healthcare providers who offer access to abortions and gender affirming care, an update on the implementation of New York's recent Prop 1 amendment (New York State "Equal Rights Amendment"), and insight into the local landscape of LGBTQ+ rights in Nassau County. [RSVP Link HERE](#).

Invitation to Yasgur's Farm

Many people outside the Social Justice Committee have approached me in the last few weeks asking what they can do to respond to the various crises we've been facing as a country, whether it's the fear immigrants face, or the radical cuts that are being made in the federal government.

On Wednesday, May 21, I'm inviting all of you to attend "Social Justice Committee Appreciation Day." First, we'll relax with yoga and meditation and unwind from all the stress many of us have been feeling over the last few months. Maybe we can even delight in the glorious beauty that we are so lucky to have here at Shelter Rock.

As Joni Mitchell sings in Woodstock:

"We are stardust; We are golden. And we've got to get ourselves back to the garden."

Then you will get to hear from various members of the Social Justice Committee (SJC) about the work we've been doing and ways you can take part. You can hear about legislative actions, activities for Pride Month, or how we are taking part in creating a Rapid Response Network for/with the immigrant community. Or like Joni Mitchell sings:

*And I dreamed I saw the bombers
Riding shotgun in the sky
And they were turning into butterflies
Above our nation*

There's something for everyone. Register today [HERE](#).

SOCIAL JUSTICE COMMITTEE APPRECIATION DAY



Yoga Facilitator:
Stacey Lynn Avidane

Social Justice Committee Appreciation Day Wednesday, May 21, 2025, 2:00–4:30 PM | Art Gallery

All congregants of UUCSR are welcome! Come relax and unwind and then learn what we are doing to advocate for Social Justice. Get involved!

Please bring a yoga mat.

Schedule:

- 2:00–3:15 PM: Meditation and Yoga with Stacey
- 3:15–3:30 PM: Refreshments
- 3:30–4:30 PM: Mini Presentations by Social Justice Committee members

Register at uucsr.org/25Relax

Stacey Lynn Avidane, Yogi and Healer

Stacey Lynn is the founder and facilitator of S.H.I.N.E Wellness, a Supportive Healing Inspiring Nurturing and Energizing program for children and adults. The roots of SHINE stem back to 2012, at Sunrise Day Camp, an oasis for children living with cancer. Stacey infuses her knowledge of the physical, emotional, mental, and spiritual aspects of Yoga, Meditation, Reiki, Pranic Healing and Sound Therapy into her classes. As a survivor of a Cardiac Arrest in 2021, during a global pandemic, and a relocation to Colorado, with a "restored heart" Stacey's journey has brought her back to her roots on the East Coast.

RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator



RE Families: 50% Support Available for UU Summer Camps

Are you looking for a fun, inclusive, and spiritually nourishing place to send your kids to camp this summer? There are several Unitarian Universalist summer camps for children and youth, as well as camps for the whole family! The UUCSR Religious Education program budget provides support for children and

youth to attend these camps, and this summer the RE Committee is very generously increasing the percentage of support given. Every child/youth of a Congregational member is eligible for a reimbursement of 50% of standard enrollment costs towards one week of camp. There's no application process, all you need to do is ask! If your child/youth will be attending a UU Camp or Conference Center this summer and would like to have support from UUCSR, please call Religious Education Administrative Assistant Jeannie Gross at 516-472-2914 or e-mail jgross@uucsr.org and let us know.

UU camps include:

- **Sophia Fahs Family Camp** <https://liacuu.org/sophia-fahs-camp>
- **Star Island** <https://starisland.org/programs/>
- **Ferry Beach** <https://www.ferrybeach.org/>
- **The Mountain** <https://www.themountainrlc.org/>
- **Camp Unirondack** <https://www.unirondack.org/>
- **Clara Barton Camp** <https://www.bartoncenter.org/>
- **CERSI All Ages Camp** <https://www.cersiuii.org/>
- **The Rowe Center** <https://rowecenter.org/>
- or another UU summer camp of your choice.

Sophia Fahs Camp is back! Two summers ago, the Sophia Fahs Camp, organized by LIAC (The Long Island Area Council of UU Congregations) and beloved by generations of Shelter Rock members, was revived as a family camp. In addition to the 50% support for children and youth, adult congregational members attending with their children are eligible for a 25% reimbursement of their standard enrollment to the one week of Sophia Fahs Camp. Please check out their exciting new format and register [HERE](#). (And please check out the joyful Worship Service the Sophia Fahs Camp leaders and youth led at UUCSR in February to give you more of an idea of the magic! Watch [HERE](#).)

Please feel free to reach out to Carson Jones at cjones@uucsr.org or Jeannie Gross at jgross@uucsr.org with any questions.

BUILDING USE LEADERSHIP TEAM (BULT)

The Building Use Leadership Team has been hard at work exploring how to make the most of our facility for the future needs of our Congregation and our neighbors. Over the past several months, we've reviewed every area of our building and considered a wide range of possibilities—some drawn from past proposals, others newly researched by the team.

We're now entering a crucial phase: understanding what you, the members of our Congregation, envision for how we use our space. What are your priorities? What motivates your hopes for our building's future? What dreams do you have for how it can support our mission, values, and community life?

To help guide this discernment, we've created a survey that outlines several options currently under consideration. This is your opportunity to share which possibilities most resonate with you—and to help us prioritize the direction our plans should take. Your input will directly inform our recommendations and ensure our resources are aligned with the collective hopes of our congregation.

We warmly invite you to take just a few minutes to complete the survey and make your voice heard. **The survey will be emailed to all congregants and will be available under Member Resources in the Church Center App.**

We are hosting an initial opportunity to discuss this idea in community on Thursday, May 29, 7:00 PM, via remote Zoom meeting [HERE](#).

Whether or not you can attend, please complete the survey and be part of shaping this important next chapter.

With gratitude,

Building Use Leadership Team

Claudia Barbey, Barbara Dzierney-Green, Nick Falivena, Debbie Kahn, and Jim Peters, with the support of Adam Barshak, COA, and Rev. David Carl Olson

MEMBER EVENTS

Carla Drezner, Chair

Our 26th Year!

It takes a team of dedicated, hardworking, fun-loving people to recreate the All-Congregation Retreat each year. We firmly believe in the value of this community-building project and the people connections it fosters.

Ultimately though, "it takes a village." Without our members, families, the children, the youth, the elders, the ministers, and the staff, it would be a hollow experience. You bring the laughter - the love. You bring the dance, so let's dance! Let it be a dance!

Our Time to Dance

The Team:

Carla and Paul Drezner – Coordinators
Martha and Vince Chimienti – Coordinators
Barbara Dilsner – Bus & Supply Monitor
Rebecca Muellers – Children's Program
Bruce and Laura Torff – Talent Show and Club House Coordinators
Eric Titcomb and Gary Mitchell – AV Coordinators
Ken Hughes
Audrey and Tom Murphy
Claire and Richard Paccione
Suzanne Viverito

The Village:



Submitted by Carla Drezner

All Congregation Retreat, Camp Zeke 2025

How lucky are we to belong to a Congregation that offers us the opportunity to have fun, forge friendships and at the same time, deepen our spiritual bonds and grow together as a religious community. Our annual retreat offers us all that and more.

Our theme this year is "Our Time to Dance." Bruce Torff has kicked us off with a beautiful new song to encourage our participation. Sure, there will be a Movie Night, Bingo, and Karaoke. There will be game tables, water activities, a Night at the Club, and a Talent Show. But the real highlights of the retreat are in the programs scheduled throughout the weekend.

Each year our programs vary, but every year they are stimulating, engaging, and unique. There are workshops focusing on Social Justice, the Arts, and Music. Sandra Frank will lead a Small Group Ministry session and Ken Hughes will show us some Marimba Mojo with xylophones. Perhaps you would enjoy a Tagore Poetry Reading with Shyamali Sur or learning Music Theory with Bruce Torff. And for those desiring a little exercise: Bill Carmody will lead a Self-Defense Martial Arts Workout for Beginners, and Suzanne Viverito will teach Yoga and Resistance Band Exercise. And of course, there will be Dance. Line Dance is a perennial favorite, and I delight in finding new ways to get us moving and grooving. And if all this seems like a lot, you can Bring Your Own Project and Chat with Elena Carmody.

So, this year, let this be our time to dance. Dance to celebrate the beauty of nature. Dance to engage with old friends and new. Dance to learn new ideas. And dance as if no one is watching, for the fun and pure enjoyment of being in a loving faith community.

Submitted by Claire Paccione



Our Time to Dance



26TH Memorial Day Weekend All-Congregation Retreat

CAMP ZEKE, LAKEWOOD, PA | WWW.NORTHEASTRETREATCENTER.COM

May 23–26, 2025

Enjoy creative workshops | Games and activities | Karaoke Night
Annual talent show | Rockin' Intergenerational Dance

Further Information and Register Online
uucsr.org/25retreat

Register early. Space is limited.

\$50 Refundable Deposit Per Adult

This year, our 26th Annual Memorial Day weekend is returning to the Block & Hexter Retreat Center at Camp Zeke in Lakewood, PA, a pleasant 3 1/2-hour drive from Long Island.

Camp Zeke is a very well-regarded children's summer camp that has been modified to host weddings, retreats, and all types of corporate events during the off-season. You can learn more about Camp Zeke at www.northeastretreatcenter.com.

Boating on beautiful private fresh-water lake
Heated swimming pool with lifeguards | Counselors for children's program
Art Building | Theater | Full internet access | Etc, etc.



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

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

SEE WEBSITE FOR MORE INFO
Questions? Contact Lex Jellema
516.472.2920 or ljellema@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.

MUSIC AND PERFORMING ARTS PRESENTS

MUSIC THEORY CLASSES

With Dan Pratt

5 Thursday Evenings | 7:00–8:15 PM | Choir Room
May 8, 15, 22, 29, and June 5, 2025
5 Classes for \$20 or \$5 per class

Love music and want to understand how it works? UUCSR's new Music Theory class breaks it down for you. You'll explore how sound is organized into music, learning the foundational principals of rhythm, pitch, scales, and harmony in a dynamic and interactive learning environment led by UUCSR's Jazz Ensemble Director, Dan Pratt. (Note: a rudimentary understanding of music will be helpful, but classes are open to all who are interested.)

Register [HERE](#). Questions? Contact Phinu Jose (516.472.2975 or pjose@uucsr.org).

UUCSR Women's Group

Mother's Day Luncheon

"To Honor the Nurturer in All of Us"

PREPAID ADVANCED REGISTRATION REQUIRED

Sunday, May 11 | 12:30 PM | Veatch Terrace

The Women's Group welcomes you to this year's Mother's Day Luncheon. This event is free for current Women's Group Members, \$15 for UUCSR Members, \$25 for Non-Members, and \$5 for Children (12 and under).

All who plan to attend must register [HERE](#) by Wednesday, May 7. Please contact Lex (516.472.2920 or ljellem@uucsr.org) with any questions, special dietary needs, or childcare requests.

MENTAL HEALTH SUBCOMMITTEE PRESENTS

UPSTANDER TRAINING WORKSHOP

ON DECONSTRUCTING SYMBOLS OF HATE
ONE ACT OF COURAGE PROGRAM

With Donna Rosenblum

Saturday, May 10 | 1:00 PM | Art Gallery
Presented by Donna Rosenblum, Director of Education, Holocaust Memorial and Tolerance Center (HMTc) of Nassau County

Co-sponsored by the Mental Health Sub-Committee of Social Justice, the Respectful Relationships Team, and the Caring Committee at UUCSR, this free workshop encourages participants to closely examine the history behind some of society's most widely known symbols associated with hatred, discrimination, and, in some cases, genocide. The Upstander Training Program will emphasize how we can stand up to hatred when we see it or hear it and empower the participants to lean in to their capacity for courage whilst exploring the history of the Holocaust. Light lunch will be served. Register [HERE](#) on or before Thursday, May 8.

Registration REQUIRED for arranging food and supplies. Any questions or if you need childcare, please contact Phinu Jose at pjose@uucsr.org or 516.472.2975.

Donna Rosenblum began her educational career as a high school social studies teacher, then became a school librarian, Library Chairperson and Supervisor. She retired in 2020 from Nassau BOCES as the Supervisor of School Library System Services, Outdoor Education, and Language and Translation Services. She was an adjunct professor at Queens College (CUNY) and Long Island University, as well as a field supervisor for the school of education at Molloy University.

Over the span of her career, Ms. Rosenblum worked tirelessly to bring Holocaust education into school curriculums and library collections throughout Nassau County. She has conducted numerous professional development workshops for educators, school districts, and BOCES. Her presentations have given her the opportunity to mentor thousands of today's youth.

Ms. Rosenblum has had a long affiliation with HMTc and, after returning as a workshop educator in retirement, she has become Director of Education. She works with the Board, staff, and educational team at the Center to strengthen the legacy of survivor testimony for future generations.

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.

ADULT PROGRAMS PRESENTS

INTRODUCTION TO EXPRESSIVE WRITING with Patricia Rossi



Sunday, May 18 | 12:30–2:00 PM | RE Room 15

Join Patricia Rossi, local author and writing workshop facilitator, for an inspiring and delightful afternoon. Embrace the beauty and awe of spring, a time for renewal and reflection, through the art of journaling. With pen and paper, come explore with Patricia the healing power of writing, and its amazing ability to quiet the mind, and allow the soul to awaken.

Register [HERE](#). Questions? Contact Jamie Walowitz at jwalowitz@uucsr.org or 526.472.2943.

Sponsored by the UUCSR Racial Justice Sub-Committee of Social Justice

Presentation: UNDERSTANDING & RESPONDING TO BIAS Lynda Josenhans

**Presentation: Understanding and Responding to Bias with
Lynda Josenhans
Sunday, May 18 | 1:00 PM | Chapel**

We all make assumptions and have blind spots when we judge people. In this workshop, learn ways you can avoid falling prey to stereotyping based on how a person speaks, looks, dresses, etc. Let's rewire our brains so we do not hurt others by our statements.

- Goals:
- Gain an understanding of multiple forms of bias.
 - Learn helpful ways to respond to implicit bias.
 - Learn to guide children in their responses to bias as well.
 - Assess yourself.
 - Celebrate reasons for hope and healing.

Register [HERE](#). Registration is not required, however, requested so that we can plan better. Fruit and beverages will be served. Questions? Call Sonia Arora (516.472.2977).

**National League of American
Pen Women Long Island Branch**
Exhibit is on display
Thursday, April 24–Wednesday,
May 28, 2025

Meet the Artists Reception:
Sunday, May 18, 2025
1:00–3:00 PM | Art Gallery



EXPLORING EARTH-BASED SPIRITUALITY GATHERING

Saturday, May 24 • 11 AM • Onsite and Online

**Exploring Earth-Based Spirituality Multiplatform Gathering on
the Fourth Saturday of the Month | May 24 | 11:00 AM | Art Gallery**

This group shares the cultures, rituals, and beliefs of people who lived with purposeful connection to the earth. If interested, please join us on the fourth Saturday of the month at 11:00 AM, in the Art Gallery. Please bring some food to share at this event, or a nosh. 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. Have any questions? Contact Sharyn Esposito (sesposito@uucsr.org, 516.472.2960)

Walk in the Woods Guided Tour

Walk in the Woods Guided Tour | June 8 | 1:00 PM | Main Lobby

Join Dana Gumb, Green Sanctuary member and Agnes P. Cwalina, the congregation's Land Management Ecologist for a walk through the woods. We will tour the trails closest to the Great Lawn, focusing on areas being liberated from invasive species and replaced with plants better suited for our region. Please come prepared for outside weather and uneven terrain, bring binoculars if you have a pair. All ages welcome! Register [HERE](#). Registration is encouraged but not required. Questions? Contact Lex Jellema (516.472.2920, ljellema@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.

Sundays | 9:00 AM | Ensemble Rehearsal Room UUCSR Jazz Ensemble

Open to musicians of all ages under the direction of Dan Pratt, the Jazz Ensemble explores jazz through the study and playing of the traditional jazz greats as well as today's composers and arrangers. Anyone interested is welcome to contact Dan (danprattmusic@gmail.com) to get additional information or simply show up.

First Sundays | 9:30–11:00 AM | RE Room 4

Small Group Ministry

led by Catherine Torrillo and Robert Penaskovic

Learn more [HERE](https://uucsr.org). Contact Jamie Walowitz (jwalowitz@uucsr.org).

Once Monthly on Sundays | May 18 | 12:00 PM | Art Gallery or RE Room 4 | Dramatic Readings

Join us to eat, chat, and read the play of choice. You are invited to attend Worship, grab lunch at the Sunday Café, and join us in the Art Gallery or RE Room 4 to nosh, catch up, read, and discuss the play we have re-enacted. Please register [HERE](https://uucsr.org) if you are planning to attend, as physical copies of the play need to be prepared. Please contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator, if you have any questions (jwalowitz@uucsr.org or 516.472.2943).

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

Small Group Ministry

led by Iris McKenna

Learn more and register [HERE](https://uucsr.org). 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.

Mondays | 9:00 AM | via Zoom

Qigong for Balance and Self-Empowerment

\$50 for 5 classes, \$12 per drop-in class with instructor Ashley Baldwin. Learn simple, yet powerful motion and breathing exercises to improve physical balance and falling-safely skills. Exercises are taught standing, with equally effective guidance for those who prefer to sit. Register [HERE](https://uucsr.org) or email Ashley (tqh.Ashley@gmail.com). Contact Jamie Walowitz (jwalowitz@uucsr.org or 526.472.2943), if you have any questions.

Monday, June 2 (new dates TBD) | 10:00 AM | Art Gallery Energy Practices for Enhanced Health and Wellbeing with Dr. Fern Engelson

Cost: \$14 per class for members, \$20 per class for non-members
When practiced regularly, these energy practices support our bodily and cognitive functions, improve our sleep, our mood, and offer us a greater sense of vitality, strength, and calm. No prior experience is necessary, and the movements are gentle and easily adaptable. To register or for questions, please contact Fern (516.621.0316 or lovenow108@gmail.com). For more information, click [HERE](https://uucsr.org).

First Mondays | 6:30–8:00 PM | Zoom

Small Group Ministry

led by Winterflower Robinson

Learn more and register [HERE](https://uucsr.org). Contact Jamie Walowitz (jwalowitz@uucsr.org or 526.472.2943) 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.

Tuesdays | 9:30 AM | Art Gallery

Awaken Your Body, Ignite Your Spirit with Leyla Hoell

Leyla Hoell, longtime UUCSR member, leads this energizing yoga flow that blends movement, breath, and strength to invigorate your body and clear your mind. Expect dynamic sequences, deep stretches, and a refreshing sense of balance. Whether you're looking to build strength or simply recharge, this class will leave you feeling empowered and refreshed. Free and walk-ins welcome. Register [HERE](https://uucsr.org) to make a contribution to UUCSR. Questions? Contact Jamie Walowitz (jwalowitz@uucsr.org or 516.472.2943).

Tuesdays | 6:30 PM | Via Zoom [HERE](https://uucsr.org)

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.

First and Third Tuesdays Monthly

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

Facilitated by Sandra Frank, Women's Group Board Member. The format is simple. At the first gathering of the month there is a discussion about current events. On the third gathering of the month, a specific topic is discussed. Listen, learn, share information, and talk about individual stories while bonding with each other and having fun. You can meet onsite in the Office Conference Room or join the discussion from your home on Zoom. Visit [HERE](https://uucsr.org) for details. Questions? Please contact Lex Jellema (ljellema@uucsr.org or 516.472.2920)

Third Tuesdays | 10:30 AM | Via Zoom

Living with Cancer, led by Caron Hunter

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

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

Wednesdays | 2:00 PM | via Zoom

Wednesday Afternoon Conversation

Seeking an opportunity for spiritual deepening in a supportive setting? The ministers invite you to a Wednesday Afternoon Conversation. It is a time of reflection, sharing, and listening. Newcomers are especially welcome. To join, click [HERE](#). Questions? Please contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

Second Wednesdays | 11:15 AM–12:45 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 526.472.2943) with any questions.

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

Love to play games? Join every Thursday afternoon for canasta, mah jong, Scrabble, and more. All players are welcome. Bring a friend! Most game supplies are available. Questions? Please contact Lex Jellema (ljellema@uucsr.org or 516.472.2920).

Thursdays | 6:15 PM | Veatch Ballroom

Zazen Meditation—Inisfada Long Island Zen

All are welcome, beginners and experienced practitioners alike. No charge. Zazen Meditation is the practice of stilling the mind through wholehearted attentiveness to the breath. This steady attentiveness, coupled with the stillness of the body, frees the mind from its ordinary activities of thinking, daydreaming, or speculating on the nature of life. Sitting as a group encourages our individual practice! Zen is not a religion; it is a direct experience. Additional information [HERE](#) or contact Leslie Entin (917.822.0880) or Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943) if you have any questions.

Second Thursdays | 7:00–8:30 PM | Office Conference Room

Small Group Ministry led by Diana Wolfson

Learn more and register [HERE](#). Contact Jamie Walowitz (jwalowitz@uucsr.org or 526.472.2943) with any questions.

Fridays via Zoom | 12:00 PM

Great Books

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

Fridays | 11:00 AM | Hadley House

Medical Qigong for Senior Health led by Ashley Baldwin

May 9, 16, 23, 30

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

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

May 16: *Long Island*, by Colm Toibin, discussion led by Diane Mansell. From the beloved, critically acclaimed *New York Times* bestselling author comes a spectacularly moving and intense novel of secrecy, misunderstanding, and love, the story of Eilis Lacey, the complex and enigmatic heroine of *Brooklyn*, Tóibín's most popular work, twenty years later.

Visit [HERE](#) for details or contact Lex Jellema to learn more (ljellema@uucsr.org or 516.472.2920).

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

Women's Group Online Film Discussion

May 16: *Mountain Queen: The Summits of Lhakpa Sherpal*: A single mother working as a dishwasher who has another life as record-breaking mountain climber.

May 23: *The Only Girl in the Orchestra*: A celebration of trailblazing double bassist Orin O'Brien, the first woman to become a full-time member of the New York Philharmonic

Visit [HERE](#) for details or contact Lex Jellema to learn more (ljellema@uucsr.org or 516.472.2920).

Saturdays | 9:30 AM | Social Hall (Sometimes in Veatch Ballroom or Art Gallery) | Yoga For All Levels, led by Mia

An opportunity for spiritual growth and centeredness \$15 per class. Learn more on uucsr.org/calendar or click [HERE](#).

Once Monthly Saturday | June 21, July 12, August 2, and September 20 | 9:00 AM–6:00 PM | Veatch Ballroom

Zazen kai—Inisfada Long Island Zen All-Day Meditation

All are welcome, beginners and experienced practitioners alike. One Saturday a month offers a silent meditation retreat from 9:00 AM–6:00 PM. Please join us for as much of the day as you wish! You are welcome to bring food for yourself and others to share, if you would like! Register to attend [HERE](#) or contact Leslie Entin (917.822.0880) or Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943), if you have any questions.

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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May 7, 2025

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Next Quest: Wednesday, May 21, 2025 | Deadline for Content: Tuesday, May 13, 2025



Springtime at UUCSR!

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