Human. Kind.

# 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

See Calendar HERE

October 28, 2026

Monthly Theme: HOME

## Worship Services

### Sunday, November 1, 2026, 11:00 AM
**Rev. Dr. Elaine Beth Peresluha**

***The Veil Between the Worlds*** Fall religious holy days—All Souls' Day, Samhain, All Saints' Day, Day of the Dead—all share common themes: stillness, reflection, and death. From ancient Celtic traditions to today's Christian commemorations, this time of year is said to be when the veil between the realms of the dead and the living is thinnest.

On All Souls Day, November 1, we will reflect on death, our own, and those beloveds we have lost. In stillness, we will build an altar of remembrance, welcoming the spirits of those departed to be among us, honoring those we have loved and lost. Bring a photo or memento to place on the altar.

### Sunday, November 8, 2026, 11:00 AM
**Rev. Meagan Henry**

***What We Cannot Hold*** We hold on to so much that does not serve us, the worries we rehearse about tomorrow, the regrets we replay from yesterday, the stories we have outgrown. This Sunday we will consider letting go as a spiritual practice, and explore the ways, old and new, that help us set down what we cannot carry and return to the life that is here, now. Come as you are and bring what you are ready to release.

### Friday, November 13, 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 **Rebecca Loebe** 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.

*Worship Services continued on page 2*

## Touchstones
**Rev Dr. Elaine Beth Peresluha**



How did it get to be November? I feel like I just barely arrived at Shelter Rock, and here we are discussing turkeys and a Christmas tree! Our world spins faster and faster, wanting its hungry to be fed, its poor to be sheltered, its environment to be protected, and wars to end. Our nation spins as candidates campaign, voters engage, and activists demonstrate. A world, a city, a church, a family, and a Self, all deserving of our time, attention, and love. Priorities compete, get confused, entangled, lost, in the dusty whirlwind of too much, spinning too fast.

Then, unexpectedly, something catches our attention: a child's smile, a falling leaf, the crisp morning air, the crunch of an apple right off the tree, elevating us above the fray for just a moment. Grace—the spinning stops, the dust settles, and just for a moment, what is most important seems so clear. With no apparent intention, choice or action, there is enough time. There is enough money. There is enough Love. Just when we need it most, grace cuts through the clutter and chatter to remind us what matters most.

In those moments, I'm reminded that we are ministering well together, at UUCSR. I see you. I see what many of you are going through in your lives, the efforts you make here every day, for pastoral care, membership, governance, RE, art, and social justice.

Together we are moving years of history forward, asking questions, searching, celebrating youth, feeding the hungry, getting out the vote, inspiring neighborhoods and a nation, sharing time, attention, and love. None of us is alone, doing it all. We are connected by thought, by word, and by deed to one another and to UUism, even when we see differently, even when we are spinning too fast or moving too slow. In all the tumult there is grace, reminding us of all that we are. Reminding us of all we do well.

As we move into the season of holidays and holy days, keep your eyes and ears open for the child, the leaf, the song, the star, and make space for grace.

Much metta,
Rev. Elaine

## Worship Services
continued from page 1

## Sunday, November 15, 2026, 11:00 AM
**Rev. Elaine Peresluha**

***Building Back Better—New Members Ceremony*** No matter the results of this year's midterm elections, there are social and political needs to restore our democracy. Our nation faces severe institutional damage, and we have an opportunity to build back better, not just restoring those institutions but improving them. Our UU faith, values and mission can guide us as we ponder what it means to build back better.

## 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

**On Sunday, November 8 the Ethical Eating team is offering the following menu:**
Tuscan white bean soup, Gnocchi with butternut squash mushrooms and vegan sausage, Spaghetti squash with capers and mushrooms, Green seasonal salad, Vegan macaroons

**Join the Plant-Based Cooking Team!**

**Love to cook and curious about plant-based meals? Ethical Eating is looking for volunteers to help prep on Saturday, November 7, and serve on Sunday, November 8, and Saturday, December 12, and serve on Sunday, December 13, for the Sunday Café.**

Available Shifts:
- Saturday, November 7 (9:00 AM–1:00 PM) Prep Crew
- Sunday, November 8 (9:00 AM–1:00 PM) Cooks, Servers, Clean Up
- Saturday, December 12 (9:00 AM–1:00 PM) Prep Crew
- Sunday, December 13 (9:00 AM–1:00 PM) Cooks, Servers, Clean Up

To Sign Up: Register HERE or use the QR code.
- Please provide your name, cell phone number, and email, along with your preferred time and how you would like to help. Thank you for your support!

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

## Milestones

We congratulate UUCSR member....**Ginette Levin** as she celebrated her 100th birthday on Saturday, October 24, with her three children, her five grandchildren, and her three great-grandchildren.

Birthday greetings can be sent to

Ginette Levin
16241 Powells Cove Blvd, Apt 4B
Whitestone, NY 11357-1434

## 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! 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!



**Staff Work Anniversaries**
**November**

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

**Elaine Corrao, Committee Assistant**
Celebrating 19 years on November 1

**Nathaniel LaNasa, Keyboard Artist/Accompanist**
Celebrating 10 years on November 1

**Rev. Meagan Henry, Associate Minister**
Celebrating 1 year on November 3

**Cornell Carolina, Facilities Technician**
Celebrating 4 years on November 7

## Board of Trustees

**BOARD OF TRUSTEES AGENDA**
Sunday, October 18, 2026

| | |
|---|---|
| 1:00 PM | I. Opening Words |
| 1:05 PM | II. September 2026 Minutes |
| 1:10 PM | III. Endowment Committee<br>• CY28 Overall Spending Limit Recommendation |
| 1:30 PM | IV. Building Use Leadership Team<br>• Final Report and Recommendations |
| 1:50 PM | V. Member Resource Committee<br>• CY27 Committee Chair/Member Nominations<br>VI. Good of the Order |
| 2:00 PM | VII. Board Retreat |

**BOARD OF TRUSTEES AGENDA**
Tuesday, October 20, 2026

| | |
|---|---|
| 7:00 PM | I. Opening Words |
| 7:05 PM | II. Motions to Approve Items from October 18 Agenda<br>• CY28 Overall Spending Limit<br>• BULT Recommendations |
| 7:15 PM | III. SEI Semi-Annual Presentation |
| 7:45 PM | IV. Annual Review of Board Duties and Anti-Discrimination-Harassment |
| 8:30 PM | V. President, Ministers & Administration Reports<br>• November Congregational Meeting Agenda<br>• Denominational Relations Update<br>• UUCCN Support Request<br>• UUCSR Request for LIAC Financial Information<br>• Land Management Leadership Team Update<br>• Minister's Reports |
| 9:00 PM | VI. Good of the Order |

## Katerina Dembris
**Director of Operations**

**We will be testing our Notification System on Thursday, October 29, 2026**
**All members and staff will receive a test call/email/text. If you do not receive a notification, please send an email to Linda McCarthy at Lmccarthy@uucsr.org to be added to the list.**

## Social Justice Committee
**Shanti Flot, Chair**

Happiness is a box STUFFED with postcards ready to be mailed to Black voters in Texas. Approximately 1,600!! Many thanks and kudos to all members of the Congregation who pitched in to write them out and a particular, special thank you to Maija and Barry Nobel for obtaining the postcards (from "Common Ground") and the list of voters' addresses and organizing it all into packets of 20 for the members to fill out!




**Food Pantry and Clothing Rack**
Thanks for the generous donations! Items are available for all. Please place the articles of clothing, including footwear in the large, cloth bin which is located next to the rack. DO NOT PUT THEM ON THE RACK. The SJC is tasked with organizing the items and putting them out. It easily gets into disarray. The bathrooms in the hallway may be used for trying on clothing and shoes.

## Social Justice Committee
**Sonia Arora, Social Justice Coordinator**

On October 8, 2026, Andreea Gray and Sonia Aroras were invited to observe the People's Hearing on Immigration Enforcement in New York at the John Jay College of Criminal Justice. Throughout the day, they witnessed powerful testimony from directly impacted people, families, workers, advocates, service providers, attorneys, faith leaders, and other trusted community voices.

By showing up and bearing witness, community members help demonstrate that these stories are not isolated—they are part of a broader community experience that deserves to be heard, documented, and placed into the public record.

This hearing created a space for New York communities to speak in their own voices about what they are experiencing and to ensure that their experiences are documented as part of a larger call for accountability, reform, and justice.

The testimony gathered in New York will inform a local NY report and contribute to a broader national report that will be presented to a new Congress.

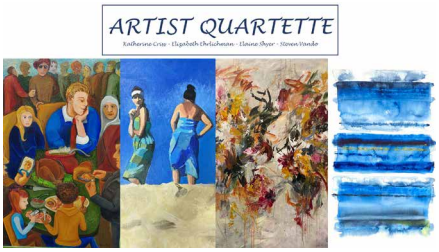



*Members of the Social Justice Committee worked to co-sponsor the New York Health Act rally on Saturday, October 17 in the front of the Nassau County legislature. Speakers shared information about how this legislation would allow all New Yorkers to have health care regardless of employment status, age or pre-existing conditions. Also, there would be no co pays or deductibles. For more info, go to https://www.nyhcampaign.org/.*



*Barry and Maija Nobel worked with the Center for Common Ground and invited the congregation to Get Out the Vote for the midterm elections. They mailed out almost 1600 postcards last week urging citizens to vote with important information about polling booths and early voting dates. Here, Barry counts the postcards.*

## Art Committee
**Paul Kopelow, Chair**




ARTIST QUARTETTE
Katherine Criss - Elizabeth Ehrlichman - Elaine Shyer - Steven Vando
Exhibit on Display:
October 23 - November 30, 2026
Watch video HERE.

## Land Management Ecologist
**Agnes P. Cwalina**

***The beauty of quiet observation, autumn edition***

On a mid-October morning, our Land Management Ecologist was doing her morning rounds, checking for branches that might have fallen in the overnight wind, potential bird window collisions, concluding in a weekly documentation of the meadow.

We are in the midst of autumn bird migration, with warblers, thrushes, and golden crowned kinglets passing through for their last meal on their southerly flight. As the ecologist approaches the meadow, a tribe of swamp swallows emerges from the brush, flittering to nearby trees. Robins and blue jays sound out their warning calls, 'human approaching, human!'



*Meadow on an October morning*

The wind rustles leaves in the forest canopy. Despite its brightness, the sun takes its time to warm the air and soil. Sleeping bumble bees, beginning to feel the warmth, stretch from their sleep. A lone dragonfly wizzes by. The sun's warmth dries out partridge pea pods causing them to pop pop pop!



*Sleeping bees, how many can you count?*

A sulfur butterfly drinks nectar from a rudbeckia. A bumble bee digs deep for a sip in the monarda.

The swamp sparrows return to the meadow, chirping as they perch on partridge pea stems, calling to one another to share where the seeds are abundant.

Sharpshooter in yarrow foliage,
Syrphid fly on yarrow flower,
Northern paper wasp and bumble bee on calico aster, and
Eastern hornet fly on yarrow
It's a party!

Pop pop pop, more partridge pea seeds explosively fly out of their pods.

As the minutes pass, the sun dries out the morning dew. The autumn sun rises higher over the horizon. Insect activity increases and birds disperse for their afternoon lull.

The ecologist walks along the path and once again the sparrows emerge from the meadow brush. Time to finish the morning rounds.

Imagine taking ten minutes and you will observe so much!

Contact Agnes P. Cwalina, our Land Management Ecologist, with comments at acwalina@uucsr.org

## LGBTQ+ Sub-Committee of Social Justice Committee
**Charlene Greenberg, Chair**

Dear LGBTQ+ Friends, Please come join any meeting 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 |
|---|---|---|
| 11/3 | Tamer Shelby | *How do you participate in politics or political issues?* |
| 11/10 | Open Chat | |
| 11/17 | Charlene Greenberg | *Have you ever had or given a surprise party? If money was no object, describe your dream party for yourself or someone else.* |
| 11/24 | Maryellen Pierce | *What's something from the '60s or '70s you wish would come back?* |
| 12/1 | TBD | |
| 12/8 | Open Chat | |

## Green Sanctuary Committee
**Jennifer Roth, Chair**

**Saving Our Oceans**
Our oceans cover three quarters of our earth's surface. To the indigenous Hawaiians, they are sacred. They represent what has been created millions of years ago. This perspective was only recently brought to the International Seabed Authority (ISA) by Hawaiian elder Uncle Sol. In the article, "Looking Back To Move Forward: What We Can Learn About Saving Our Oceans From A Hawaiian Elder, " in *Compass,* Autumn 2026, as Greenpeace reports.

The treaties and laws of ISA and the United Nations Convention of the Law of the Sea regulating maritime and marine activity were designed 30 years ago. No indigenous people's perspectives were considered. The exploitation and mining of the seafloor in the Clarion-Clipperton Zone near his home in Hawaii is destroying the entire sea floor. Sediment plumes from the mining extractions are being buried there.

The ocean is the sacred beginning of their creation story. Mining is undoing nature's balance. He says "Nature doesn't belong to anyone." A global network of organizations like Greenpeace USA and other groups are joining in this effort.

*Elaine Peters, Member, Green Sanctuary Committee*

**Climate Change: Who's In Control? Part 3**
This article is a continuation of Rick Shaper's inquiry into the history of climate based on scientific evidence and theory. Rick is educated in ephysics and electrical engineering by trade with an ongoing interest in science and economics. Rick's inquiry was spawned by a comment made by a close family friend.

We are picking up from slide 9 of the presentation with a graph which documents the last 4000 years up to circa 2000 AD. The graph showed an average lowering of temperatures over the past 1000 years, with a recovery to the 4000 year average. The IPCC (Intergovernmental Panel on Climate Change) and most climate researchers rely on the ice core historical records taken at the Greenland and other arctic ice cores for best accuracy.

Further, on slide 10 the sun's surface cycles in 11-year increments. However, there was a historical period known as "the little ice age" from 1645 through 1715. Scientifically referred to as the Maunder Minimum, this period corresponds to the little ice age, when the Thames River in the UK froze more frequently. Modern satellite data has confirmed the correlation between sunspot activity and the suns' energy output.

Moving onto slide 11, $CO_2$ is stored in three places; the ocean, the land biosphere, and the atmosphere with the ocean storing 93 percent of it. A recent discovery, according to Scitechdaily.com, revealed that the ocean absorbs more atmospheric $CO_2$ as the temperature cools, less when it warms. This amounts to a positive feedback, such that as temperatures rise, $CO_2$ increases and vice versa. The same can be said of the land biosphere. There are mechanisms in the ocean which control the distribution of carbon identified as the Solubility pump and the Biological pump. The former takes the $CO_2$ downward as the temperature cools, the latter pump distributes the $CO_2$ to plant tissue, microscopic marine animals (zooplankton) who eat the phytoplankton.

The next article will cover what the IPCC has discovered In temperature anomalies from 1975 to present. This series is based on research conducted by reputable sources and is being featured by Green Sanctuary Committee for the sake of inquiry and alternative viewpoints. Rick Shaper built a fascinating presentation and Jennifer Roth is taking the opportunity to highlight the findings based on her experience of the presentation only.

**Bee season**
According to the Pollinator Network, there is a monthly activity report on the apiaries. The honeybees have returned home and are settling in. As the bees settle in, keepers must make sure the hive has enough nutrition to endure the winter and feed the younger bees, treat hives in case of mite infestation, insulate, install mouse guard protections, and lastly find a sunny winter spot. There's a lot to consider with elegant organized systems created by nature.

**Fungi Foraging**
Next! The mushroom foraging season is underway and that can a fun autumnal activity. There is a Long Island Mycological Club affiliated with a national association. The best way to forage is to find an organization that organizes safe foraging with educations awareness. Most local and state parks admonished this activity due to pesticides and other unknown contaminants. The common mushrooms that are found in the northeast include: Chicken of the woods, Hen of the woods, Oyster, and Turkey tail. Truffles are a delicacy here and are most successfully farmed in Europe beneath Oak and Hazelnut trees. Soil pH is paramount for truffles. Again, a reputable forest guide for this activity is recommended in order to consume the crop. Www.LIMyco.org is a great place to begin.

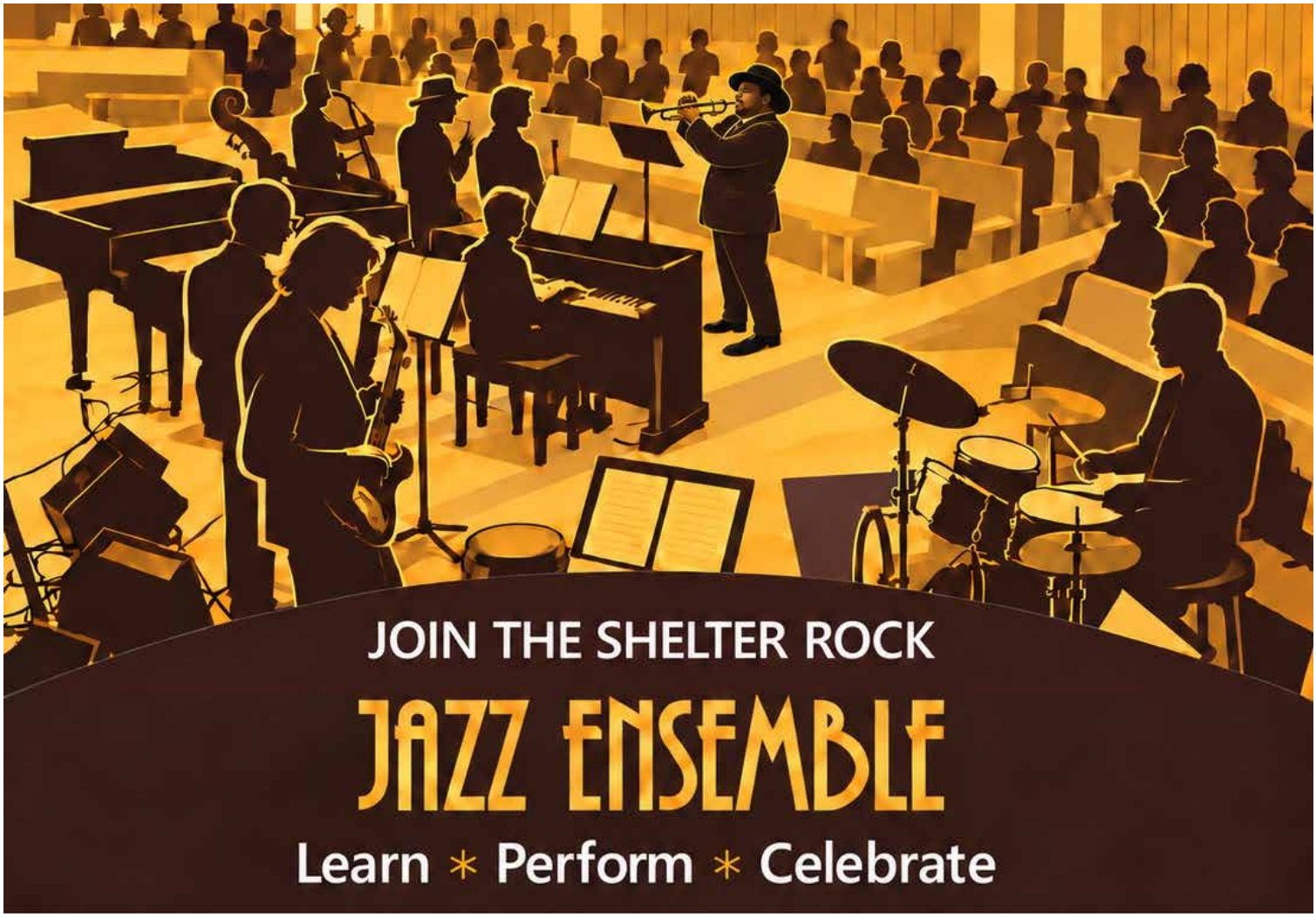
*Jennifer S. Roth, Chair, Green Sanctuary Committee*

## Bookstore Committee
**Lorraine Shiff, Chair**

The Bookstore will continue to host ongoing presentations by UUCSR authors. Unfortunately, the presentation by Latifa Yusufi Woodhouse scheduled for 11/15/26 has been cancelled. Sonia Arora has so graciously agreed to present on 11/15/26 at 1:15 PM in the Chapel. Sonia will present a poetry reading from her book, *Rewilding The Home And The World*—Winner of the 2025 Birdhouse Prize from Ghostbird Press.

Be sure to stop by the Bookstore to check out the new clearance cart. Most of the books are $3.

The Bookstore has new items arriving weekly.




A joyous exploration of JAZZ with Alphonso Horne!

Musicians of all ages and levels welcome

YOUTH ARE ESPECIALLY WELCOME!

For further information, please contact

904.707.9031 or alphonsohorne@gmail.com

**Rehearsals Sunday Mornings | 9:00–10:00 AM | Music Studio A**

## 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.**




### THURSDAY, OCTOBER 29
### 5–7PM | SOCIAL HALL

Join for an evening of wreath crafting using seasonal flowers and botanicals, many harvested from UUCSR grounds.

Materials, instruction,
& light refreshments included.

**Tickets $25 per person**

**Please register by Oct 25th**

**REGISTER HERE**

uucsr.org/26Autumn

Questions? Contact
Land Management Ecologist,
Agnes P. Cwalina
acwalina@uucsr.org




## with BILLY HUYLER

**Thursdays**
**• 5:45-6:45 PM •**
**Music Studio B**

Sharpen your vocal skills and understanding of the elements of music.

### FIVE INITIAL SESSIONS

**October 15**
**October 22**
**October 29**
**November 5**
**November 12**

**$5 per session | $20 for all five**

**REGISTER HERE**
uucsr.org/26Singing

**Questions? Contact Jamie Walowitz**
at 516-472-2943 or jwalowitz@uucsr.org



# Bird Walk

## Led by Matt B. Klein

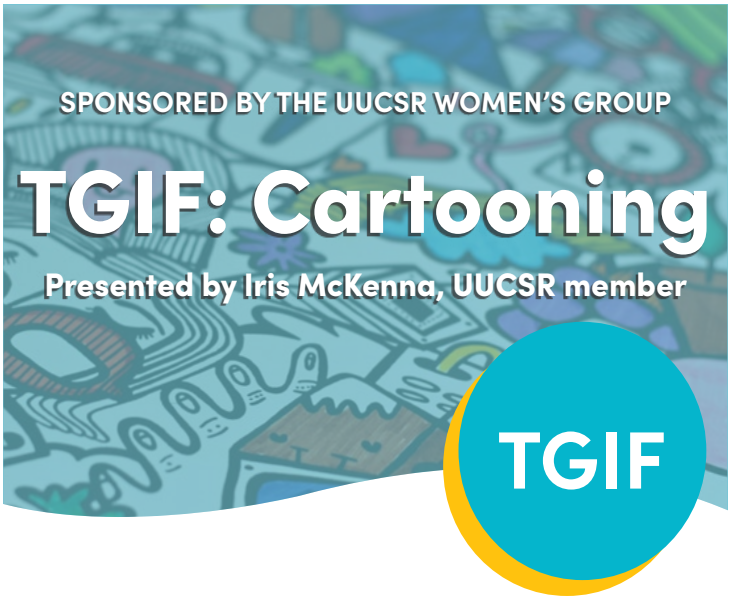
## SATURDAY, OCTOBER 31 | 9:30 AM
## THE UUCSR GROUNDS

Matt B. Klein is a lifelong Great Neck resident who currently lives in Great Neck Estates, where he serves as the Village Environmental Commissioner. He has been birding for more than 20 years, having discovered his passion for ornithology while exploring a childhood friend's backyard near Baker Hill Elementary School. Shortly thereafter, he borrowed his first birding book, *National Geographic Guide to Birding Hotspots of the United States*, from the Great Neck Library and was immediately hooked. Since then, he has traveled extensively in pursuit of birds, always looking to add new species to his New York State list. Matt enjoys all things nature and can often be found exploring the many beautiful parks of Long Island and the surrounding region, usually with a camera in hand.

**You can follow his birding adventures on Instagram: @flying_objects_at_rest**

**Unitarian Universalist**
Congregation at Shelter Rock
**Human. Kind.**

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




## Friday, November 6, 2026
## 7 PM • Art Gallery
## Multigenerational Program

Come join members of the Women's Group for companionship, light refreshments, and an introduction to cartooning.

The program will include Transforming a blend of letters and numbers into animals and people.

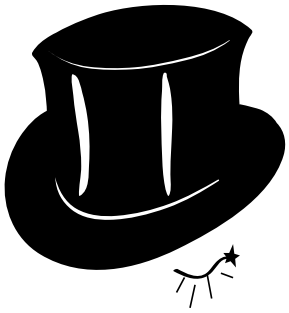
No prior art experience necessary.
All paper, crayons, markers, pencils will be provided. Seated and standing options available.

**Registration deadline Thursday, November 5.**
**Childcare deadline Thursday, October 23.**

**REGISTER HERE**
uucsr.org/TGIF26Cartooning

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

23RD ANNUAL
# CABARET
AT THE ROCK







*Suzanne Viverito*
*Artistic Director*

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

**Edward Miller Memorial Music Scholarship Fund**

**Saturday, November 7, 2026**
7 – 9 PM
Social Hall
**Reserve a seat NOW!**
$20 per person

**Please help make this fundraiser a success!**

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

**Register: uucsr.org/26Cabaret**

Handicapped accessible | Free parking

Questions? Contact Jamie Walowitz at jwalowitz@uucsr.org or 516.472.2943

## 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.**




### Sunday, November 8 • 1:30 PM

**Worship Room**

## POULENC ET LES SIX

Works by Poulenc, Auric, Honegger, Durey, Milhaud & Taillefaire

**Nathaniel LaNasa**
Piano

**Sarah Moulton Faux**
Soprano

**Michelle Farah**
Oboe

**Alec Manasse**
Clarinet

**Steven Palacio**
Bassoon

Reception to meet the artists following the performance.

**TICKETS HERE**
uucsr.org/26Poulenc

**$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.**




### Saturday, Nov. 14, 2026

### 11:00 AM–2:00 PM | Social Hall

Registration Required: Link to come




### SUNDAY, NOVEMBER 15
### 1:15–2:15 PM | CHAPEL

## A POETRY READING BY SONIA ARORA FROM HER BOOK

***Rewilding the Home and the World***

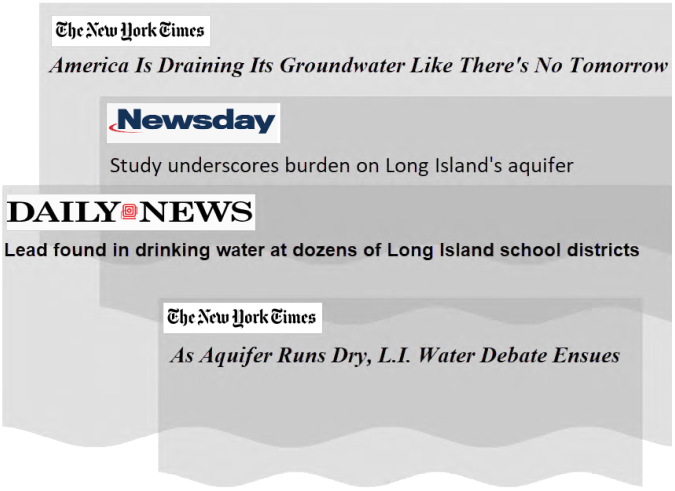
Winner of the 2025 Birdhouse Prize from Ghostbird Press

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

**CO-SPONSORED BY MEN'S GROUP SCIENCE DISCUSSION NETWORK AND GREEN SANCTUARY**

## DEEP DIVE: EXPLORING LONG ISLAND'S UNDERGROUND WATER SYSTEM

**SUNDAY, NOVEMBER 22 | 1 PM | ART GALLERY**




Take a deep dive into the history, structure, and challenges facing Long Island's aquifer. First mapped in 1903 by geologist Arthur Veatch, husband of UUCSR's own Caroline Veatch, the Long Island watersystem must now support a vastly greater population. Join noted hydrologist Marty Rowland to learn about the pioneering work of Arthur Veatch, the aquifer today, and the future of the vital resource that sits deep under UUCSR grounds.

Dr. Marty Rowland is a past president of the Unitarian Universalist Congregation of Queens (Flushing). As a civil and environmental engineer, he has created fair and functional environmental and community restoration programs for 50 years.

**REGISTRATION SUGGESTED. NO CHARGE.**

**REGISTER HERE**
uucsr.org/26Dive

**For more information or for a Zoom link**
Contact Elaine Corrao
at ecorrao@uucsr.org or 516.472.2933

*George Frideric Handel*

## *Messiah Sing 2026*

# CALL FOR MUSICIANS

**The Orchestra at Shelter Rock**
**Stephen Michael Smith, Music Director**

. . . . . .

**Rehearsals:**

**Thursday, December 3**
**7–9 PM**

**Saturday, December 5**
**11 AM–1 PM**

**Performance:**

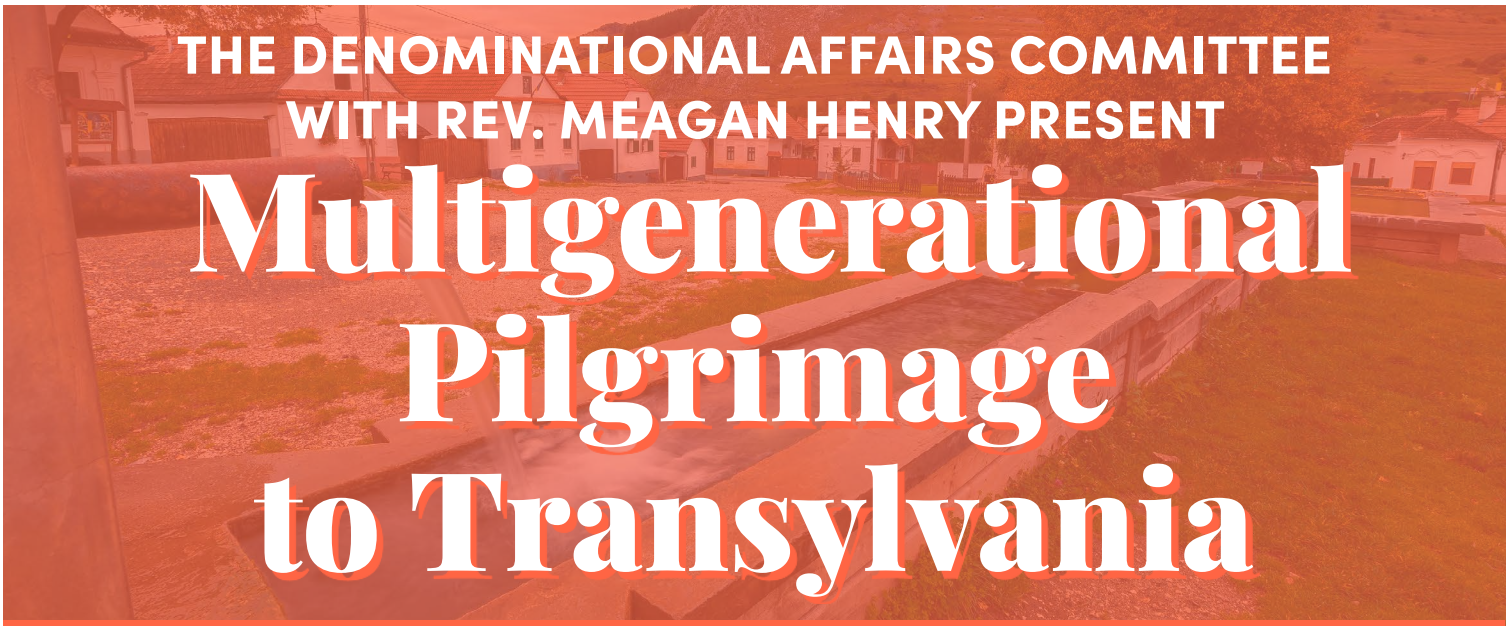
Sunday, December 6
1 PM Call
1:30 PM Performance

. . . . . .

Rehearsals and performances
at UUCSR
48 Shelter Rock Road, Manhasset

Music will be available in advance.
Music stands and lights provided.

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



THE DENOMINATIONAL AFFAIRS COMMITTEE
WITH REV. MEAGAN HENRY PRESENT

# Multigenerational Pilgrimage to Transylvania

## SPRING BREAK 2027

**Thursday, April 22, 2027 — Saturday, May 1, 2027**
**RESERVE YOUR SPOT BY MONDAY, DECEMBER 7, 2026**

Unitarian Universalism's Connection to Transylvania: For those of you who don't know, Transylvania is the birthplace of Unitarianism. In 1568, the Edict of Torda established the first known guarantee of religious freedom in Christian Europe. Led by theologian Ferenc Dávid, this movement laid the foundational principles of tolerance and the oneness of God that shape modern Unitarian Universalism (UU) today. UUCSR's specific connection to Transylvania is that we support a partner church in Csikszereda, Transylvania.

This trip will be an opportunity to soak in the spirituality and identity of Transylvania, deepen our connection to our shared faith, learn about and understand our Unitarian Universalist roots, and build bridges between our congregation and our Unitarian Universalist siblings in Transylvania.

**In order for you to attend this Pilgrimage, you must register here and pay a non-refundable $500 deposit to reserve your spot by Monday, December 7, 2026. The final Pilgrimage Cost is due by Monday, March 15, 2027. We encourage you to register here using the "Expression of Interest in Pilgrimage" Selection Type now to indicate your interest in attending this Pilgrimage without officially registering and paying the non-refundable $500 by Monday, December 7, 2026.**

**RESERVE YOUR SPOT HERE BY DECEMBER 7:**

## 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.

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**Sundays Monthly | 1:00–3:00 PM | UUCSR Veatch Terrace Room**
**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 Caroline Forger at uushelterrocksbc@gmail.com.

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**First Mondays | 7:00–8:00 PM | ZOOM**
**Small Group Ministry**
**led by WinterFlower Robinson**
Learn more and register HERE. Contact Jamie Walowitz (jwalowitz@uucsr.org or 516.472.2943) if you have 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 for information on joining the group. Sponsored by the Caring Committee. No charge to participate.

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**First and Third Tuesdays Monthly**
**12:00–2:00 PM | Onsite Office Conference Room and Online Zoom**
**Women Talk Daytime**
Questions? Please contact Elaine Corrao (ecorrao@ucsr.org or 516.472.2933).

**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 more information.)*

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**Tuesdays: November 3, 10, 17**
**10:00–11:15 AM | Art Gallery at UUCSR**
**Build a Better Brain: Live Better**
Fee: $90 for Members; $120 for Non-Members.
Boost brain health. Calm the mind. Feel more focused, balanced, and energized. Discover simple, practical techniques with Dr. Fern Engelson in this empowering six-week course designed to help you strengthen, protect, and support your brain—now and for years to come. Start where you are—everyone is welcome. Movements are adaptable for every body, and no prior experience is needed. Learn more and find registration information HERE. Contact Jamie Walowitz (jwalowitz@uucsr.org or 516.472.2943) if you have any questions!

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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 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 *Spirituality*. To join, click HERE. Questions? Please contact Sharyn Esposito (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 or 516.472.2943) if you have 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" | Check uucsr.org/calendar weekly for location.**
**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).

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**Thursdays | 6:15 PM | Veatch Ballroom**
**Zazen Meditation—Inisfada Long Island Zen**
Come join Long Island Inisfada Zen on a weekly journey to the most sacred place in the Universe—YOURSELF. Learn how to watch your mind and feel this joyful flow of emptiness while calming your thoughts. Zen Meditation is a Practice of Buddhism where you follow your breath in silence to acknowledge your thoughts and become one with the present moment. ALL ARE WELCOME. Beginner instructions can be provided. Please come and begin to learn your mind and take the new YOU into your everyday life Register HERE to attend. Contact Leslie Entin (917.822.0880), or Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943), if you have any questions.

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**Fridays | 10:45–11:45 AM | In Person in Lounge at Hadley House or on Zoom**
**Medical Qigong for Senior Health—Fall 2026, led by Ashley Baldwin**
**Friday, October 30**
**10:45–11:45AM | In-Person in Lounge at Hadley House or on ZOOM**
Contribution: $16 drop-in 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).

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**23rd of Every Month via Zoom | 6:30–7:00 PM**
**Online Vigil to End Solitary Confinement**
All are welcome to join the Social Justice Committee of UUCSR for the online vigil on the 23rd of every month to end Solitary Confinement. Gather to remember those in our prisons and jails condemned to the torture of solitary confinement, 23 hours a day in a small cell without meaningful human contact for days, weeks, months, years, even decades. To be included on the Emailing List, please write to Social Justice Coordinator Sonia Arora at sarora@uucsr.org. Join Zoom HERE.

**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).

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**Saturdays | 9:30 AM | Art Gallery Yoga For All Levels, led by Mia**
An opportunity for spiritual growth and centeredness. $15 per class. For more information and to register, click HERE.

## Upcoming Women's Group TGIF Events at Shelter Rock

Friday, November 6, 2026
**Cartooning**
Presenter: Iris McKenna
7–9 PM Art Gallery (see page 10)

Friday, February 5, 2027
***The Sheep Detectives***
7–9 PM Art Gallery

Friday, March 5, 2027
**Card Making, Collage, Knitting, Crocheting**
Presenters: Patti Paris, Maxine Dangler, Leona Handelman
7–9 PM Art Gallery

Friday, April 2, 2027
**Dramatic Reading of Wally Brown's Play**
Presenter: Wally Brown
7–9 PM Chapel

Friday, May 7, 2027
**Karaoke Night**
Presenters: Maria Ceraulo and Iris McKenna
7–9 PM Art Gallery

Friday, June 4, 2027
**Liberty's Daughters**
Presenter: Maria Ceraulo
7–9 PM Art Gallery

**UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK**
48 Shelter Rock Rd, Manhasset, NY 11030 | 516.627.6560 | uucsr.org | info@uucsr.org

**Interim Lead Minister**
Rev. Dr. Elaine Beth Peresluha (epereslu ha@uucsr.org)

**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)

**Veatch Program Executive Director**
Joan Minieri (joan@veatch.org)

**Music Director**
Stephen Michael Smith (ssmith@uucsr.org)

**Director of Lifespan Religious Education**
Jessica Hess (jhess@uucsr.org)

**Youth and Adult Faith Engagement Coordinator**
Jamie Walowitz (jwalowitz@uucsr.org)

**Social Justice Coordinator**
Sonia Arora (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
Arnold Babel
Riki Birk
Dana Gumb
Larry Hass

**October 28, 2026**

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**Next *Quest*: Wednesday, November 11 | Deadline for Content: Tuesday, November 3**




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