



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



July 9, 2025

WORSHIP SERVICES

SUNDAY, JULY 13, 2025, 11:00 AM
Rev. Dr. Clyde Grubbs and Rev. Dr. Michelle Walsh
Guest Ministers

Our Little Empire For centuries, human communities have sought to define themselves by the power they projected to the world. In the wake of “No Kings Day,” let us move beyond the longing for Empire to a new way of being.

SUNDAY, JULY 20, 2025, 11:00 AM
Rev. Jacqueline Brett, Guest Minister

To Be Announced

SUNDAY, JULY 27, 2025, 11:00 AM
Rev. Petra Thombs, Guest Minister

My Body, My Right? The Lasting Impact of Instituting Celibacy The world has welcomed Leo XIV, as the new pope and I feel it is timely to examine the origins of celibacy, which has shaped the lives of millions of men serving in the Roman Catholic Church. The question of bodily autonomy applies here too, just as it does to the right of women seeking health care today. These are implications for our current lives.

SUNDAY, AUGUST 3, 2025, 11:00 AM
Rev. David Carl Olson | VEATCH HOUSE BALLROOM

Celebrating “First Fruits” Sunday Like our agrarian ancestors, we celebrate the abundant harvest that is evident in our home and community gardens. We’ll share stories and songs, dance a circle dance (as we are able), and bless the bounty of our gardens.

After the service, we’ll go outside to the Veatch House patio for refreshing summertime (non-alcoholic) beverages and offer a time where people may exchange the produce of their gardens. “A good for a good,” a generous response for the bounty of life. Please share what is growing in your garden—vegetables and flowers, grains and fungi, all the representations of Mother Earth’s bounty!

TOUCHSTONES

Rev. David Carl Olson



*Your hands lie open in the long fresh
grass, -
The finger-points look through like
rosy blooms:
Your eyes smile peace. The pasture
gleams and glooms
’Neath billowing skies that scatter
and amass.*

Dante Gabriel Rossetti’s “Silent Noon” makes me think of those “lazy-hazy-crazy days of summer.” Of course, that song is perhaps too robust. No. The pasture of the poem makes me think of the front pasture of Nana and Gump’s in Maine way up on the Bay of Fundy. Those summer days of rustic family camping were filled with the sounds of birds and buzzing bees. We listened to lapping waves that accompanied profound tides. We made our own occasional silly games. But mostly, they were times where peace smiled in us.

*All round our nest, far as the eye can pass,
Are golden kingcup fields with silver edge
Where the cow-parsley skirts the hawthorn hedge.
’Tis visible silence, still as the hour glass.*

Our “far as the eye can pass” vista was not only of the field but turn around! There’s the sea! Specifically, the strait between Lubec and Campobello Island where, then, a ferry could take us to the Roosevelt Cottage. There was a shop there where my mother bought her English china, a few pieces at a time each summer, the china that is now in my glass and china chest, the china that comes out for special occasions.

*Deep in the sun-searched growths the dragon-fly
Hangs like a blue thread loosened from the sky: -
So this winged hour is dropt to us from above.*

It was a magical time, each summer, when our family would go Down East to the end of our country and just into Canada, where we celebrated the peaceful coexistence of great countries. On the farm, we treasured those moments of communion with animals and plants, the dragon flies of the day and the ever-present pines. Night would come, and lightning bugs would surround us. It was

Continued on page 2

TOUCHSTONES

continued from page 1

a winged hour, winged and blest! We did nothing to earn those moments! Grace, just grace dropped them among us.

In early August, we'll gather for a few days of being on the grounds of Shelter Rock and think about peace among nations and sharing this one precious planet. We'll mark the 80th anniversary of the bombings of Hiroshima and Nagasaki. We'll have a kind of peace concert during Soulful Sundown. We'll construct, out of doors, a Peace Labyrinth, and invite neighbors to walk the labyrinth with us and to walk the grounds at their own pace.

We take one step at a time. We stop and enjoy the sunlight, the summer air, the lawn and the woods, the companionship of birds and bugs, and each other. We'll find and feel that "Silent Noon." Wherever we are, we'll take a moment to notice the grace that is around us.

Dare we allow our minds to think more deeply of the ways we live into a world where war is sought instead of peace, where sadness lives beside joy, where the blessings of freedom and democracy are not distributed equally? Dare we find a deeper resolve to live into a silent noon for all our children, for all our elders, for all who are afraid, for all who are lonely?

*Oh! clasp we to our hearts, for deathless dower,
This close-companioned inarticulate hour
When twofold silence was the song of love.
Happy summer, dear friends!*

In a liberal and liberating faith,
David Carl Olson
"The Kids Call Me 'Rev'"

MILESTONES

We congratulate... Lilyan Strassman on becoming a great-grandmother. Lilyan's granddaughter, Nina Carlin, and her husband Josh Weiner, are proud parents of Lyla Millie Wiener who was born on Thursday, June 12, 2025. Mommy and baby are health, happy, and exhausted. Lilyan is beaming with excitement.

BOOKSTORE COMMITTEE

Elaine Peters, Chair

Special Opening

On Sunday, August 3, the Bookstore will be opened for members and guests. We will be selling books, baubles, bangles, and beads from the hours of 11:00 AM to 4:00 PM. If you and your friends plan to attend the concert, you are welcome to stop in anytime during those hours to browse and buy whatever catches your fancy.

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

LITE SUNDAY CAFÉ

Social Hall | Following Sunday Morning Worship Services

Summer Menu | \$3 PER PERSON

Sliders:

- roast beef with tomato and lettuce
- turkey with tomato and lettuce
- tuna with tomato and lettuce
- grilled veggies on sliders with hummus instead of mayonnaise

Coffee, Tea, and Water.

CARING COMMITTEE

Martha Chimienti, Chair

Summer Birthdays Celebration Sunday, July 13, 2025 12:00–1:00 PM | Social Hall

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



MINISTERIAL RECOGNITION

Rev. Dr. Natalie Fenimore Received Angus MacLean Award

At the recent Unitarian Universalist Association (UUA) General Assembly (GA), the Rev. Dr. Natalie Maxwell Fenimore received the prestigious Angus H. MacLean Award for Excellence in Religious Education.

The UUA presents the MacLean Award “to someone who has made outstanding contributions to religious education” and honors them for their “vision and leadership in lifespan faith development at the local and associational level and for uplifting the profession of religious education.”

The MacLean Award Citation commended Rev. Dr. Fenimore for “...her honesty, grace, and wisdom; for centering religious education as a core practice in serving congregations, mentoring others, and championing Associational change; for the sum of her service to this faith in love and struggle....”

Rev. Dr. Fenimore accepted the 52nd annual MacLean Award, as presented by the UUA on June 22, 2025, with these words:

Thank you to the Liberal Religious Education Association and the Unitarian Universalist Association for this award. I am honored and deeply appreciate this affirmation of my ministry. I am also deeply grateful for the many religious educators who have been my colleagues and friends over the decades.

Religious educators have been at the forefront of our faith tradition—teaching, learning, and always challenging and moving us forward. That legacy is present at times of anxiety—times of fear—times when we face the worse.

In times like these, our religious educators remain dedicated to truth telling and justice making. We know that all our siblings are holy. We know that Diversity, Equity, and Inclusion are words that stand for trying to tell the whole truth and attempting to turn the world right. We know that we can be both against antisemitism and against the bombing in Gaza. We know that we can support freedom in our schools and universities and teach critical thinking. Our liberal faith can only survive in democratic freedom—we must work together for that freedom. We must resist all oppression.

This faith which religious educators support is love centered, resilient, strong. We go through this fire together. We survive and strive together. We will speak in freedom with compassion. We will say each other's names and not be disappeared.

In the words of Angus MacLean: “We wonder about truth, about all the whats and whys and whithers of life. Wondering is very important, but it should bear the fruits of faith and thought, and it should turn our faces to whatever is coming down the winds of time and circumstance.... Religion without the adventure of becoming is a poor business.”

Thank you.

Angus MacLean was a Universalist minister and a respected and beloved professor of religious education and dean at the St. Lawrence University Theological School. In 1972, the school's alumni association, along with the Religious Education Department of the UUA, established the Angus H. MacLean Award for Excellence in Religious Education. A committee led by Nao Bethea, UUA Co-director of Lifespan Faith Engagement, selects recipients.

Rev. Dr. Fenimore joins UUCSR ministers emeriti, Rev. Dr. Barry M. Andrews and the late Rev. Dr. Christine M. Wetzel, in receiving the MacLean Award.

To view Rev. Dr. Fenimore's presentation ceremony and speech at GA, please click [HERE](#).



Rev. Dr. Fenimore received the MacLean Award from presenters: Susan Dana Lawrence, UUA Managing Editor for Lifespan Faith Engagement (left) and Nao Bethea, UUA Co-director of Lifespan Faith Engagement (right). (Photo by Richard Bock)

submitted by Jessica Vega

RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator



5 Generous Wonders of Nature—An RE Outdoor Summer Program for All Ages

Sundays, July 13, 20, 27, August 3, 10 | 11:00 AM
RE Room 15 and on the UUCSR Grounds

[REGISTER HERE](#)

Sign up for the RE Outdoor Summer Program today!

This summer, we begin to explore next year's RE theme of Generosity.

Have you ever walked the glorious Shelter Rock grounds and become curious about all the wonders growing all around? Do you ever think about how we can care for the natural world that so generously provides for us? Mutual generosity begins with relationship so come make friends with all the wildflowers, and butterflies, and bees in our pollinator garden as we interconnect with nature and observe its transformation over the course of five weeks.

Over five consecutive Sundays, Land Management Ecologist Agnes P. Cwalina, RE Music Specialist George Weisman, and Lifespan Religious Education Coordinator Carson Jones will guide families through this journey of nature's generosity. Our multi-sensory exploration will include songs, movement, crafts, nature journaling, including many new summer activities, plus some classic faves such as sprinklers and Slip 'n' Slides, s'mores, and the ever-popular Slime Making!

Families meet at 11:00 AM in Room 15 of the RE Wing and on the grounds at UUCSR.

RELIGIOUS EDUCATION (RE)

Rosara Torrissi, Chair

A Heartfelt Thank You and a Look Ahead

What a wonderful evening we shared at the RE Volunteer Appreciation Dinner! It warmed my heart to see so many of you there, celebrating the incredible dedication and hard work you pour into our religious education program. Our mutual appreciation is truly special.

For those I haven't had the pleasure of meeting yet, my name is Rosara Torrissi. I'm honored to be stepping into the role of RE Committee Chair, and I'm incredibly excited about what we will accomplish together.

I hope you all get some well-deserved rest and relaxation over the summer. When we return, refreshed and ready, I'm eager to hear your thoughts and ideas, especially concerning how we can foster intentional intergenerational community within our program.

Please don't hesitate to reach out to me or any RE committee members if you have any ideas, feedback, or simply want to chat about our religious education program.

Once again, thank you all very much for everything you do. I am genuinely thrilled for everything we will achieve together!

Warmly,
Rosara Torrissi
RE Committee Chair

SOCIAL JUSTICE COMMITTEE AND RELIGIOUS EDUCATION (RE)

UUCSR Builds with Habitat for Humanity Long Island
Saturday, July 12 | 8:45 AM | Address in Wyandanch or Ronkonkoma

The Social Justice and Religious Education Committees are excited to announce that we will be going to Wyandanch on Saturday, July 12, to build houses with Habitat for Humanity Long Island's Sponsor for a Day Program! There are also opportunities to volunteer at ReStore, Habitat's home improvement store and donation center in Ronkonkoma. You must be 16+ years old to volunteer. For more information and to register, click [HERE](#). Please contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator: jwalowitz@uucsr.org, 516.472.2943 or Sonia Arora, Social Justice Coordinator: sarora@uucsr.org; 516.472.2977 if you have any questions.

DENOMINATIONAL AFFAIRS COMMITTEE

Richard Bock, Chair

Denominational Affairs Committee News

Ten Shelter Rock General Assembly Delegates spent five days in Baltimore in June attending the annual 2025 UUA General Assembly. Most of us gave the event mixed reviews. The GA Planning Committee made some significant changes to the overall schedule starting with an all-virtual opening ceremony and traditional banner parade. Nearly 2,500 UUs attended the GA with 1,882 in-person delegates and 1,543 online delegates. Our Shelter Rock attendees included our delegates, Veatch Governors, and our Ministers, SR staff, and several on-their-own members. A highlight of the event was when our Lead Minister and Minister of Lifespan Religious Education Rev. Dr. Natalie M. Fenimore was presented with the prestigious UUA Angus H. MacLean award on Sunday, June 22. Please see an article on page 3 detailing the award and Rev. Fenimore's remarks.

Later this year, DAC will be a part of a Worship Service and our delegates will be submitting written reports to inform the Congregation about this year's GA in greater detail. Please be advised that 2026 GA will be 100 percent virtual and 2027 GA is scheduled for San Jose, CA. I will be informing our members as to how to become a virtual GA delegate. Please watch for future DAC *Quest* items.

DAC meetings will resume in September and continue to be Zoom formatted. Members interested in joining the committee are asked to contact me at rbock@optonline.net.

BUILDINGS AND GROUNDS AND GREEN SANCTUARY COMMITTEES

Meadow Update June 2025

The Green Sanctuary and Building and Grounds Committees have been working on the plan to create a wildflower meadow along the perimeter of the Great Lawn. Such a conversion of lawn to meadow would reduce turf management, increase complex habitat for animals, and provide the sheer beauty of a dynamic floral display.

The Congregation has been working with Larry Weaner Landscape Architecture, a leading practitioner of meadow design and construction in the Northeast. That firm prepared a very complete plan for a meadow at the western end of the Great Lawn which will be a little less than an acre in size. The design includes a fully accessible path through the meadow from the Veatch parking lot to the pond.

Our consulting landscape architect has prepared a detailed schedule for the creation of the meadow. The Larry Weaner firm will be able to perform many of the construction tasks except for grading and installation of the fully accessible path. Bidding out that work and contractor selection will occur this summer. Site preparation, including the use of herbicide to kill all the existing grass, will take place from September 2025 to June 2026. Seeding the meadow will be done in the summer of 2026, and the installation of live plants will happen in the fall of next year. Agnes P. Cwalina, our full-time Land Management Ecologist, will oversee all this work on the wildflower meadow.

submitted by Dana Gumb

LAND MANAGEMENT ECOLOGIST

Agnes P. Cwalina

Best Practices for Walking Shelter Rock Grounds

As many of us take walks on the grounds and in the forest, here's a list of seasonal tips and practices.

Breath in and out

Enjoy the cleaner air and cooler temperature of the forest.

Leave little trace

Leave footprints on the trails and memories on your camera or journal. By practicing low impact disturbance, we can preserve the current landscape.

Stay on designated trails

Walking on designated trails will protect the integrity of pathways and terrain. If there is no trail, then walk amongst plants while taking care not to step on them. Staying on trails will also decrease contact with poison ivy and ticks.

Do not alter trails or plantings

With our Landscape Master Plan, we are in our third year of forest management. Intentional actions are taken to best steward the

forest; this includes introduced species removal, native plantings, and trail creation or removal. At times, plant debris such as tree trunks and branches are left on purpose to protect a plant or animal habitat.

Take what you brought

Take anything that might be considered garbage out with you, including dog waste.

Check your body

After your walk check your body for ticks, other insects, and seed or plant debris that might be attempting to hitch a ride. Remove and dispose of all plants and insects.

Visit again

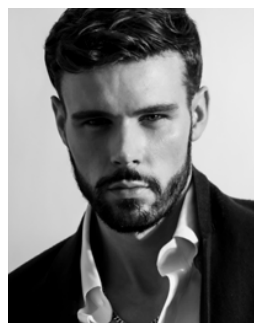
Our grounds and Oak-Tulip Tree Forest contain specialized plant communities, visit and admire them frequently.

May these tips provide a guide for enjoying our trails and grounds. If you are interested in helping with trail maintenance, contact Agnes P. Cwalina at acwalina@uucsr.org to join monthly hands-on woodland education and maintenance gatherings.

THE ORCHESTRA AT SHELTER ROCK PRESENTS ANNUAL SUMMER CONCERT 2025

Stephen Michael Smith, Music Director

GUSTAV MAHLER DAS LIED VON DER ERDE (Song of the Earth)



BRIAN JEFFERS, tenor BILLY HUYLER, baritone

SUNDAY, AUGUST 3 | 1:30 PM | SHELTER ROCK

\$10 Suggested Donation | \$25 Maximum for Families | Under 18 FREE

RECEPTION FOLLOWING ON THE BEAUTIFUL GROUNDS

Limited Seating

REGISTER HERE
uucsr.org/25Summer



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

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

Please RSVP with Phinu Jose
516-472-2975 or pjose@uucsr.org
Free Parking and Air Conditioning Provided

MUSIC AT SHELTER ROCK

Stephen Michael Smith, Music Director

The Orchestra at Shelter Rock presents Mahler's *Das Lied von der Erde*: A Masterpiece Resonating in Our Time

On Sunday, August 3, at 1:30 PM, the Orchestra at Shelter Rock will present Gustav Mahler's transcendent masterpiece, *Das Lied von der Erde* (*Song of the Earth*). Music Director Stephen Michael Smith will lead the orchestra in a work that speaks to us today as urgently as it did upon its conception in 1908.

Following the death of his beloved daughter Maria, Mahler was reeling. He had been diagnosed with a severe heart condition and, in addition, had been forced to resign his prestigious position at the Vienna Court Opera. At the height of his creative powers, he faced his mortality and struggled to make sense of his personal world as well as the world around him. Through the writing of *Das Lied von der Erde*, Mahler created a profound meditation on life and death and the path to finding meaning. In an era marked by ecological anxiety, global dislocation, and existential uncertainty, Mahler's work can feel relevant and even prophetic to today's listener. Read *Das Lied von der Erde* text prior to concert [HERE](#).

Soloists for the performance will be tenor Brian Jeffers and baritone Billy Huyler. Jeffers has performed with Opera Omaha, Knoxville Opera, OnSite Opera, and Opera Saratoga. He has appeared in concert with Kristin Chenoweth, on *Saturday Night Live*, and in *The History of Sound*. He was both a Studio and Apprentice artist with the Chautauqua Opera Company. Billy Huyler has been praised by OperaWire for having a voice that is "focused and indicative of substantial vocal agility." His credits include a Sarasota Opera as a Kern Grant recipient, Opera Southwest, The Princeton Festival, and Prague Estates Theatre in the Czech Republic. Huyler made his Carnegie Hall debut in 2023 with EnsembleNYC.

Seating is limited, and tickets will be available both in advance and at the door. Advance reservations are strongly recommended to assure seating in the main hall. A suggested donation of \$10 (\$25 maximum for families) is requested, and children under 18 are admitted free of charge. Overflow seating will be available for viewing on a large screen in the Social Hall free of charge.

All attendees are invited to a reception on the Veatch House grounds of the former Gold Coast Estate following the performance to meet with the artists. Parking is free, and the facility is fully handicapped accessible.

To reserve tickets click [HERE](#). Questions? Contact Sharyn Esposito (516.472.2960, sesposito@uucsr.org).

SOCIAL JUSTICE COMMITTEE

Shanti Flot, Chair

Rapid Response Network

The Social Justice Committee invites you to join an urgent and relevant training session on creating a Rapid Response Network Sunday, July 13, 2025, at 1:00 PM, in the Worship Room. Across the country, immigrant communities are being targeted, surveilled, and silenced. But in the face of fear and injustice, we rise with courage and solidarity. The New Sanctuary Coalition invites you to a powerful training designed to activate your role as a community protector.

This is more than a workshop—it's a call to action!

At this training, you'll learn how to respond rapidly to ICE activity, accompany neighbors through vulnerable legal proceedings, and transform your neighborhood into a Sanctuary Hood—a place of refuge, resistance, and resilience.

Led by nationally recognized activist Ravi Ragbir, this session will equip you with the knowledge and tools to stand with those most at risk and defend the values that bind us together. Register [HERE](#).

Questions? Contact Sonia Arora (sarora@uucsr.org, 516.472.2977).

The Social Justice Committee of Unitarian Universalist Congregation at Shelter Rock, LI Alliance for Peaceful Alternatives, and Willow Interfaith Choir invite you to

A Commemoration on the 80th Anniversary of the Atomic Bombings of Hiroshima and Nagasaki

A CALL TO ACTION: RIDDING THE WORLD OF NUCLEAR WEAPONS | FOOD NOT BOMBS

Wednesday, August 6 | 7:00 PM | Worship Room

Welcome: Rev. David Carl Olson, Minister, UUCSR

Speakers:

Sister Jeanne Clark OP, Pax Christi LI, Author of *All the Way In*
Margaret Melkonian, Long Island Alliance for Peaceful Alternatives

Sonia Arora, Social Justice Committee, UUCSR

MUSIC:

Willow Interfaith Choir and Farah Chandu, Director

Co-sponsors: Hofstra University Institute for Peace Studies and Center for Civic Engagement; LI Teachers for Human Rights Hofstra (partial list); Pax Christi Long Island; South Country Peace Group; North Country Peace Group; Veterans for Peace Long Island.

Register [HERE](#) | Refreshments and Hospitality

Questions: Sonia Arora (sarora@uucsr.org, 516.472.2977)

LGBTQ+ SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE

Charlene Greenberg, Chair

Join the LGBTQIA+ Subcommittee of the Social Justice Committee of UUCSR to create a safe and soulful space for all of us to inspire each other every Tuesday Night all through this summer!

Committee Chair Charlene Greenberg invites you to Tuesday Night's Gathering of LGBTQIA+ Friends to keep you cool during these summer days!

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
7/15/25	Angela Cesa	How many places have you called Home? Which was the most/least favorite? Why? What drew you to the home you live in now?
7/22/25	Open Chat	No Topic
7/29/25	Tamer Shelby	Deep Listening—What is it? What are the benefits? How do you practice deep listening with your friends, family, coworkers, strangers
8/5/25	Open Chat	No Topic
8/12/25	Winterflower Robinson	What TV did you watch as a youngster? What was your favorite? Cartoons, westerns, animal shows? All or none of them? Let's reminisce.
8/19/25	Open Chat	No Topic
8/26/25	Roberta Raeburn	Ethical Dilemmas—Let's discuss life's trickiest situations and moral dilemmas. Have you had any ethical dilemmas yourself?

SPECIAL EVENT HIGHLIGHTS

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



Tripartite by Long Island Center of Photography

Exhibit is on display Saturday, July 12–Tuesday, August 12, 2025

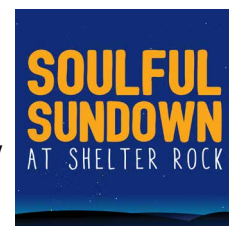
Meet the Artist Reception:

Sunday, July 20, 2025 | 1:00–3:00 PM | Art Gallery

Soulful Sundown: Hiroshima-Nagasaki Peace Commemoration

Friday, August 8, 2025 | 6:30 PM Simple Supper, 7:30 PM Service | Worship Room

At 6:30 PM, all are welcome to a simple supper prior to Soulful Sundown. A voluntary donation of \$10 covers soup, salad, artisanal bread, cookies, and beverages. Soulful Sundown features an evening of poetry, reflection, and live music from The Cosmic Orchestra, ONSITE AND ONLINE. Guest Artist joins for an ONSITE-ONLY FREE coffee house/concert afterward. Childcare available! Questions? Contact Phinu Jose (pjose@uucsr.org, 516.472.2975).



Midsummer Night Lobster Fest

Saturday, August 23, 2025

Sing-along led by members of the Any Given Sunday Band!

5 PM • Veatch House



Midsummer Night Lobster Fest

Saturday, August 23, 2025 | 5:00–9:00 PM | Veatch House

You're invited to this year's Midsummer Night Lobster Fest, sponsored by Member Events! Join us at 5:00 PM on Saturday, August 23, in the Veatch House. Enjoy your choice of hot lobster, lobster roll, roast chicken, eggplant parmesan, or vegan option while members of the Any Given Sunday Band lead a sing-along. It will surely be an evening to remember!

Registration details coming soon!

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.

Be a Part of the 2025 Congregational Art Show!



**Calling all artists, poets, sculptures, photographers,
and other creative people of UUCSR!**

The Art Committee is inviting you to share your artistic vision with the Congregation. This year our Show extends into September, right up through the Homecoming Picnic.

Drop off artwork:	Sunday, August 10	12:00–1:30 PM
	Thursday, August 14	4:00–6:00 PM
Installation:	Friday, August 15	9:00 AM–3:00 PM
Reception:	Sunday, August 17	1:00–3:00 PM
Pick up artwork:	Wednesday, September 17	10:00 AM–12:00 PM

Artwork must be ready to hang or of a size to fit in our glass display case in the Art Gallery. Complete details will be included in the registration information sheet available to the Congregation, [HERE](#), in the Lobby or on the UUCSR website.

We look forward to seeing your work!

If you have any further questions, please contact Elaine Corrao at 516.472.2933 or ecorrao@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.

First Sundays (On Pause in July and August) | 9:30–11:00 AM
RE Room 4

Small Group Ministry

led by Catherine Torrillo and Robert Penaskovic

Learn more [HERE](#). Contact Jamie Walowitz (jwalowitz@uucsr.org).

Once Monthly on Sundays (On Pause until September 2025) | 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](#) 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 (On Pause in July and August) | 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.

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](#) or email Ashley (tqh.Ashley@gmail.com). Contact Jamie Walowitz (jwalowitz@uucsr.org or 516.472.2943), if you have any questions.

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.

FIRE SAFETY REMINDER

In case of a fire alarm, please remember the Three Ls:

LOCATE the exits

LEAVE the building immediately

LISTEN for instructions before returning to the building

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 participants.

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](#) to make a contribution to UUCSR. 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 8 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. 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](#) 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).

Wednesdays, July 9–August 27 | 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.

Second Wednesdays (On Pause in July and August) | 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 516.472.2943) with any questions.

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

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. LOOKING FOR BEGINNER CANASTA PLAYERS TO FORM A NEW FOURSOME. Questions? Please contact Lex Jellema (ljellema@uucsr.org or 516.472.2920).

Second Thursdays (On Pause in July and August) | 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 516.472.2943) 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—Summer 2025 (Session Two) led by Ashley Baldwin

Fridays, July 25, August 1, 8, 15

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! 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

July 18: *Real Americans*, by Rachel Khong, discussion led by Patti Paris. In immersive, moving prose, Rachel Khong weaves a profound tale of class and striving, race and visibility, and family and inheritance—a story of trust, forgiveness, and finally coming home. Exuberant and explosive, *Real Americans* is a social novel par excellence that asks: Are we destined, or made, and if so, who gets to do the making? Can our genetic past be overcome? 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

July 18: *Crip Camp*: Down the road from Woodstock, a revolution blossomed at a ramshackle summer camp for teenagers with disabilities, transforming their lives and igniting a landmark movement

July 25: *The Two Popes*: Behind Vatican walls, Pope Benedict and future Pope Francis struggle with past troubling events and search for common ground in order to sustain the Catholic Church.

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. For more information and to register, click [HERE](#).

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

Zazen—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

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 (nfenimore@uucsr.org)

Associate Minister for Congregational Life

Rev. David Carl Olson (dcolson@uucsr.org)

Associate Minister for Member and Community Engagement

Rev. Israel Buffardi (ibuffardi@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)

Officers of the Congregation

President: Aimee Vella Ripley

Vice President: TBD

Secretary: Claudia Barbey

Treasurer: Moin Haque

Members of the Board of Trustees

Carole Alexander Marvin Brown

Arnold Babel Dana Gumb

Riki Birk

July 9, 2025

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, August 13, 2025 | Deadline for Content: Tuesday, August 5, 2025

SUMMER QUEST SCHEDULE

Reminder: *Quest* is published once per month during the summer. It will resume publication twice per month in September. The next summer publication date is **August 13**.

UUCSR SUMMER HOURS

July 5–September 1, 2025

Sunday	9:00 AM–3:00 PM
Monday	9:00 AM–4:30 PM
Tuesday	9:00 AM–4:30 PM
Wednesday	9:00 AM–9:00 PM
Thursday	9:00 AM–4:30 PM
Friday	9:00 AM–4:30 PM
Saturday	9:00 AM–4:30 PM

Hours may vary based upon special programming or other considerations. Daily property hours are available at uucsr.org/calendar.

Online programming via Zoom or other teleconferencing service may occur outside of normal property hours.



**Place your unwanted items in the bins
in the lower parking lot!**

The White Donation Bin is accepting gently used clothing, still wearable but no longer wanted by you. Donations go to United Veterans Beacon House.

The Green Donation Bin is accepting unwearable, unusable fabrics like old clothing, sheets, shoes, or handbags.

Be as generous as you can for either bin.

Quest is published twice a month, except once in July and August. Copies are available in the UUCSR Lobbies, <https://uucsr.org/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.