



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



February 11, 2026

**Monthly Theme:
EMBODYING
RESILIENCE**

WORSHIP SERVICES

FRIDAY, FEBRUARY 13, 2026, 7:30 PM

Student Minister Bryan Bower

Soulful Sundown Soulful Sundown features an evening of poetry and reflection, led by student minister Bryan Bower with live music from The Cosmic Orchestra, ONSITE and ONLINE. Guest artist Jesse Terry joins for an ONSITE-ONLY coffee house/concert afterward. All are welcome. Never a charge! Where music resides at the heart of religious experience. At 6:30 PM, all are welcome to a simple supper prior to Soulful Sundown. A voluntary donation of \$5 covers soup, salad, artisanal bread, cookies, and beverages. Food service ends 7:15 PM.

SUNDAY, FEBRUARY 15, 2026, 11:00 AM

Guest Speaker Tyrone Davis, Jr.

But Who Is American That Is Not Angry? As our nation sits in the midst of unrelenting anguish, seminarian and guest speaker, Tyrone Davis, Jr., ponders the inevitability and cruciality of one of the most fundamental experiences of the human condition—rage. How might it exist in relationship with our strive towards collective and powerful resiliency? *Tyrone Davis, Jr. (he/him) is a theater artist, writer, and sexuality educator. As a theater artist, he has performed on Broadway and across the country. Tyrone lives on Lenape land in Harlem. He is currently studying Divinity and Clinical Social Work.*

SUNDAY, FEBRUARY 22, 2026, 11:00 AM

Rev. David Carl Olson

The Nerve Center of My Consent Rev. Dr. Howard Thurman encouraged his followers to align their actions with their heart's center where one's deepest values and most clear sense of truth reside. Thurman invites us to lean into community, and to imagine yielding to the purpose or cause, the movement or the ideal, which may mean more to us than life itself. Rev. Olson recently returned from Minneapolis, Minnesota, where he heard from the voices of many people whose lives have been impacted by recent raids there conducted by Immigration and Customs Enforcement officers. He'll share what he brings back from the Twin Cities and from over two hundred UU ministers who were present for training and action.

TOUCHSTONES

Rev. David Carl Olson



Dear Congregation, Dear Community,

"Every day feels like a Three-Card Monte with the soul of the Universe! Is it too much to ask to come to this planet and expect softness and stillness? To have a life centered around the mundane? To move on divine timing and sensual clarity?"

Junauda Petrus, the poet laureate of Minneapolis, greeted nearly 700

clergy assembled at Westminster Presbyterian Church to learn how to act faithfully and effectively in the "Day of Truth and Freedom" called for Friday, January 23. "You know how I like to be with things sparking in the darkness, how I like to listen to the darkness and what it says."

The shooting of Renee Nicole Good by a federal ICE agent caused faith leaders in Minnesota to issue an invitation to the nation that leaders of faith communities might come to Minneapolis and St. Paul. The later killing of Alex Pretti would amplify the urgency of that call. Two faith-based community organizations joined with the NAACP and the labor movement to call for a general strike in the Twin Cities and public demonstrations by civic leadership to demand that ICE leave Minnesota.

With the support of this congregation, I was able to answer this call along with our congregational vice president and interfaith minister, Paul Carbone. On Thursday, with the LGBTQ-inclusive organization Multifaith Antiracist Change and Healing (MARCH), I attended that half-day training where the poet laureate spoke. Carbone went to a training at St. Paul's, a United Church of Christ congregation that serves its multicultural neighborhood, and then volunteered at First Universalist Church to organize clergy for Friday's actions. We participated in a workshop on non-violent direct action and joined the team of faith leaders who would accompany and support local clergy who would risk arrest at the Minneapolis/St. Paul Airport. We shared fellowship and dinner with nearly 200 UU ministers from the Twin Cities and across the nation.

On Friday morning, our groups, along with other activists,

continued on page 2

MILESTONES

We extend our sympathies to... the Lorenzen family as they mourn the death of David Chin. Amy Lorenzen's father, David, passed away peacefully at the age of 88 at home with family on Friday, February 6. He is survived by his wife of 65 years, Rose Chin, their children David (Norene), Michael (Akiko), Lisa (Tom), Amy, and Douglas (Christina), and grandchildren David, Alex (Vivian), Diana, Samantha, Michael, Benjamin, Spencer, and Brian. A private memorial service will be held at a later date.

Condolences may be sent to:

Amy Lorenzen
215 Benguefield Drive
East Williston, NY 11596

MUSIC AT SHELTER ROCK Stephen Michael Smith, Music Director

Join the Music Sunday Choir!

Each year, singers who are unable to commit to singing in the choir on a regular basis join the choir to prepare and perform a special work for our Annual Music Sunday. This year, the UUCSR Choir accompanied by The Orchestra at Shelter Rock will present Christopher Tin's hauntingly beautiful, *The Lost Birds: An Extinction Elegy*. Tin, best known as the composer of Baba Yetu (a setting of the Lord's Prayer in Swahili that went viral on social media) offers this musical reflection at a time when humankind's influence on the environment and nature is at a critical juncture.

Rehearsals for *The Lost Birds* will start in February when the first hour of each Thursday evening rehearsal will be devoted to its study. Rehearsals will continue every week through the performance on Sunday, April 19. Interested new singers are encouraged to join our next rehearsal on Thursday, February 12. Don't miss this opportunity for a truly transformative choral experience. Questions or concerns? Contact Music Director Stephen Michael Smith at ssmith@uucsr.org.

TOUCHSTONES continued from page 1

disrupted activities at the airport. We accompanied former Shelter Rock student minister, now Senior Minister at Unity Church—Unitarian, Rev. Dr. Oscar Sinclair as he, with 99 other local clergy, was arrested at the airport. I had the great privilege of kneeling with Oscar for the last ten minutes of his hour-long protest in the minus-10-degree weather.

I hope that you sensed that you were there, too. The congregation-based community organization ISALAH, part of the national Faith in Action network, is funded in part by the UU Veatch Program. ISALAH includes not only the "usual and customary" congregations that unite for social justice, but has consistently done outreach to include many Muslim and African congregations. They have built relationships which have changed the character of neighborhoods as new populations have made Minneapolis home.

I hope our congregation understands the many other ways that we are present every day in the living of our values into the world. UUA President Rev. Dr. Sofia Betancourt and Black Lives of Unitarian Universalism Executive Director Lena K. Gardner asked to send their love to Shelter Rock and especially to our Lead Minister, Rev. Dr. Natalie Fenimore. The Bridgehampton congregation may be nearly 80 miles away, but our neighbor and UUA Co-Moderator Rev. Kimberly Quinn Johnson challenged us to think about how we might bring back to Long Island a sense of the resilience we learned in Minnesota.

The passionate resistance we experienced was not spontaneous. People who have long studied non-violent resistance, who have long practiced community organizing, who have learned that "I am because we are" ...these are people who find powerful intentional community with one another, and who then can confront the powerful and organized forces that are being unleashed in the Twin Cities. My prayer, such as it is, is that we will build relationships in our congregation and with our neighbors that will allow us to face the challenges of this moment, and, in poet Junauda's words, "I want you to feel that you belong, that you can be soft, that you can be still; be soft, be still, Minneapolis, dance, all of us, dance, resist, and dance."

In a faith that frees,
"The Kids Call Me Rev" David Carl Olson

UU OF SHELTER ROCK ANIMAL MINISTRY Jill Marcus and Leslee Rabb, Chapter Leaders

Thank you to all those who continue to donate pet food/supplies for our ongoing pet food drive! Plans are in the works for an interesting movie and discussion sponsored by your Animal Ministry. Look for it in the near future! Please click [HERE](#) for the latest UU Animal Ministry newsletter. There you will find interesting news about animal welfare.

UUAM Executive Director Rev. John Millspaugh was among other clergy and allies attending the national march, rally, and other actions in Minneapolis, MN. He speaks about his meaningful experience in the newsletter. "Justice is intersectional. What harms one part of the web of life ultimately harms us all."

UUCSR Budget Procedures

All committees prepare and propose budgets for every congregational year. UUCSR bylaws require that all Budget Meetings at which final proposed budgets are voted upon be publicized in the *Quest*. Such notice ensures that all interested members may be involved in the decision-making that ultimately aligns with the Vision and Mission of the Congregation and with the UUCSR Strategic Plan. The following Budget Meeting dates for planning the 2026–2027 Congregational Year have been set:

Committee	Meeting Date	Meeting Time	Location
Adult Programs	Wednesday, February 11 & Wednesday, March 11	Both 2:30 PM	Both via Zoom
Art	Tuesday, February 17	4:00 PM	via Zoom
Bookstore and Gift Shop	Thursday, March 19	2:00 PM	via Zoom
Caring	Saturday, February 14	10:00 AM	Office Conf. Rm & Zoom
Denominational Affairs	Tuesday, February 24	7:30 PM	via Zoom
Green Sanctuary	Wednesday, February 18	7:00 AM	via Zoom
Member Events	Wednesday, February 11	8:00 PM	Art Gallery & Zoom
Membership	Wednesday, February 11	6:30 PM	Art Gallery
Men's Group	Sunday, February 22	12:30 PM	Veatch Conference Rm & Zoom
Music and Performing Arts	Sunday, February 15	12:30 PM	Bride's Room & Zoom
Program Council	Thursday, February 26	5:00 PM	via Zoom
Religious Education	Sunday, March 8	9:30 AM	Bride's Room
Social Justice	Monday, February 23	5:00 PM	via Zoom
Veatch Program	Tuesday, February 24	1:30 PM	Art Gallery & Zoom
Women's Group	Sunday, March 1	9:00 AM	Office Conf. Rm & Zoom

BOARD OF TRUSTEES

BOARD OF TRUSTEES AGENDAS

Tuesday, February 10, 2026

- 7:00 PM I. Opening Words: Ministers
 7:05 PM II. January 2026 Minutes: Claudia Barbey, Secretary
 7:10 PM III. Materials Review: Aimee Vella Ripley, President
 7:25 PM IV. Crisis Grants: Maria Ceraulo, Lee Geisen, and Iris McKenna
- Domestic Violence Prevention Grantees
- 7:40 PM V. Member Resource Committee: Riki Birk
- CY26 Committee Chair/Member Nominations
- 7:50 PM VI. Hadley House LLC Manager Interview Panel Recommendation: Paul Carbone, Vice President
 8:10 PM VII. Ministers' Reports: Rev. Dr. Natalie Fenimore, Rev. David Carl Olson, and Rev. Meagan Henry
 8:40 PM VIII. President's & Administration Reports
- Confirmation of Special Congregation Meeting Date–Glyphosate Petition: Aimee Vella Ripley, President
 - Congregational/Board Authority: Aimee Vella Ripley
 - February Retreat Recap: Aimee Vella Ripley
 - February Events Review: Adam Barshak, COA
 - Land Management Leadership Team Update: Dana Gumb
 - Building Use Leadership Team Update: Claudia Barbey
- 9:00 PM IX. Good of the Order: Aimee Vella Ripley, President

Thursday, February 12, 2026

- 7:00 PM I. Opening Words: Ministers
 7:05 PM II. Motions to Approve Items from February 10 Agenda: Aimee Vella Ripley, President
- Domestic Violence Prevention Grantees
 - MRC Recommendations
 - Hadley House LLC Manager
- 7:30 PM III. CY26 Q2 Financial Reports & Reports Education: Moin Haque, Treasurer & Miles Doherty, Director of Finance
 8:10 PM IV. CY27 Draft Board of Trustees/Dues Contributions Budget: Adam Barshak, COA
 8:30 PM V. Bylaws Update: Carole Alexander and Adam Barshak, COA
 8:40 PM VI. Safety Investigation: Paul Carbone, Vice President and Moin Haque, Treasurer
 9:00 PM VII. Good of the Order: Aimee Vella Ripley, President

WOMEN'S GROUP

Iris McKenna, President

Budget Discussion

At the Sunday, March 1, 2026, Women's Group Board meeting at 9:00 AM, part of the agenda will include discussion about their budget and a vote. All UUCSR and Women's Group members are welcome to attend.

UUCSR CHILDCARE POSITION OPENINGS

The Unitarian Universalist Congregation at Shelter Rock is seeking **2 dedicated childcare workers** to care for children aged 3 months to 4+ years.

Schedule:

- Sundays: 9:30 AM–1:00 PM (with occasional afternoon hours)
- Occasional Fridays: 6:00–9:00 PM
- Additional days as needed

Requirements:

- Must be 18 years of age or older
- Must be a non-member of the congregation (as defined by the conflict-of-interest policy)
- Must complete a CPR and first aid certification within 3 months of hire (cost to be reimbursed by the Congregation)

Key Responsibilities:

- Warmly greet children and parents upon arrival
- Maintain accurate attendance records
- Engage in active floor play with children
- Lead age-appropriate crafts and games
- Provide attentive supervision and positive interaction
- Clean and sanitize toys and play areas

Salary: \$20/hour

Interested? Please contact Tammy Weil at tweil@uucsr.org.

STAFF UPDATE

We are delighted to celebrate Barbara Croen's remarkable 14-year journey with UUCSR as one of our dedicated Childcare Providers. Barbara's last day will be February 15 and then she will be embarking on an exciting new adventure, relocating with her husband to sunny Florida. Throughout her years with us, Barbara has touched countless lives with her warm, nurturing spirit and genuine kindness toward children of all ages. Her creative approach to childcare and her infectious smile have made her an irreplaceable part of our community. While we will deeply miss her presence, we are thrilled for Barbara as she begins this new chapter and send her off with our heartfelt gratitude and best wishes for all the happiness ahead.

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

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)

Richard Bock, Chair

Apply To Be a Delegate at Virtual GA 2026

Don't miss an outstanding opportunity to represent UUCSR as a delegate at the Unitarian Universalist Association's (UUA) virtual General Assembly (GA) 2026. You'll experience not only a host of learning opportunities with dozens of live and on-demand workshops, but also spiritual practices, justice work, leadership development, and congregational growth. There are still several openings for members to attend GA as delegates. Good news—the deadline for applying to be a delegate has just been extended to Sunday, March 1. (Click [HERE](#) for the GA Application form.)

This year's GA will unfold in two parts with a midweek pause. From Sunday, June 14 to Tuesday, June 16, the traditional General Sessions will take place; the amount of time spent at your computer is not a full day during those sessions. From Friday, June 19 through Sunday, June 21, worship, featured speakers, and the Ware Lecture will take place. The midweek pause, June 17–18, can be used for connections or personal time.

DAC is looking into the possibility of hosting an in-person Community Gathering at UUCSR, in addition to virtual GA events, where registered GA participants can experience GA together with opportunities for worship, discussion, and connections.

For those new to the General Assembly world, GA is the annual meeting where UUs gather to conduct the business of our denomination. While the UUA Board of Trustees at the national headquarters in Boston conducts much denominational business, some topics require action by the representatives of the entire denomination—hence the annual General Assembly.

It's not too soon to look forward to 2027, when GA will be an in-person/virtual event in Palo Alto, CA. In-person GAs offer wonderful opportunities to meet fellow UUs from across the country. This year's virtual delegates can also attend next year's in-person event. Those who have attended previous in-person events can hardly wait for 2027!

Budget Meeting

The Denominational Affairs Committee will be discussing its 2026–2027 LOCAL and GENERAL ASSEMBLY budgets at a Zoom meeting on Tuesday, February 24, 2026, at 7:30 PM. Members wishing to attend should contact the chair at rbock11732@gmail.com.

CARING COMMITTEE

Martha Chimienti, Chair

Seasonal Birthdays Celebration

Sunday, February 15, 2026

12:00–1:00 PM | Social Hall

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



A CALL TO MINNEAPOLIS: A NATIONAL INVITATION FOR CLERGY AND FAITH LEADERS

Paul Carbone, Vice President of the Congregation

A Focus on Community

I was asked to share my experience going to Minneapolis as part of the call to clergy and faith leaders. I do this as a private citizen, not as a representative of the congregation. There is a lot I can and will share—just reach out to me—around more details about ICE's presence in MN, effective responses to their actions, how you can protect yourself, how you can keep your center and do self-care throughout whatever activism you choose. However, for this short (I did my best) article I will share one aspect that jumped out at me from my experience, and from asking several ministers and lay leaders about what they want people back home to know. It was **Community**.

First, I was heartened by the response. There were over 650 out-of-state clergy and lay leaders to support, bear witness to, march side-by-side with, and help Minnesotans feel supported. It was beautiful and strengthening. Many more Minnesotans who worked in hotels, taxis services, businesses, etc., were so grateful for our presence. For example, my Lyft driver shared her story. She was in Minnesota for almost 30 years and was told to go back home. Her niece was beaten! She was centered, firm, and somehow lighthearted. "Home? This is my home." We called each other "brother" and "sister" by the end of the ride.

Faith leaders there wanted you to know these things: to stay connected in community, to know your neighbors and their needs, to bear witness to the cruelty of ICE, to feel the moral beauty of our unified response, to find your people so you are not alone, to do what you do well to resist and combine that with the strength of others. Our response to Christian Nationalism—an ideology, not religion—is to demonstrate the alternative by being more inclusive, joyful, peaceful, open, and caring. Strengthen these traits and your connections even more in response to our current government's brutal attempts to break them in us; their goal being to gain and remain in power, not for the people but rather for their own ends. We were asked during our training to say one word as to

REV. DR. NATALIE FENIMORE

Lead Minister and Minister of Lifespan Religious Education

From former longtime UUCSR staff member and current choir member, Barbara Singer:

My daughter, Kathryn Andren, recently lost everything in a house fire, including her beloved cats, Luna and Sophie. Your support could really help her rebuild and find some comfort during this tough time. My son and daughter-in-law, Rob and Dina Andren, created a GoFundMe account (<https://gofund.me/3561aea64>) for Kathryn. If you are willing and able, please consider donating or sharing the link. Thank you for your love, support, and generosity during this heartbreaking time.

*With gratitude,
Barbara Singer*

why each of us showed up. My word was Community.

Of course we're anxious! Although you take all the precautions, your safety is not guaranteed. You need to write the number of a national law group on your arm in indelible marker in case you are taken by ICE, or that sophisticated, advanced surveillance both in-person and on social media, can result in ICE knocking on your door even a few months later. We were taught to say, "Am I being charged with a crime?," and "Am I free to go?," and "I do not consent to any search or seizure," or ensuring you are with a "pod" of people for witness and protection, or even the measures needed to get through the -40 F windchill, etc.

Take your understandable energy of anger and fear, and sing, laugh, love, connect, keep your compassion intact for all, shine your personal light in the way you can, everyday onto the brutality which feeds off fear and works in the darkness. ICE is confused by this as they were trained through anger, by dividing and enacting a reign of terror. We can be the alternate way, the antidote to that destruction.

Scary stuff, right? However, community is what bolstered me, as well as the strength of the Minnesotans. It was wonderful to be with Revs. David Carl Olson and Dr. Oscar Sinclair, as well as meeting several other UU faith leaders and others of various faith traditions. I met a lay leader who helped hire Rev. Jaye Brooks to her congregation! We stayed in touch during the trip. One minister, from the St Paul's United Church of Christ, did not accept my double pairs of socks and heat pad in my sneakers as warm enough and went out to buy me a Minnesotan pair of boots on the spot!

This is what I mean, expanded community is strength. Love is true power.

BOT Vice President and Rev. Paul Carbone

LGBTQ+ SUB-COMMITTEE OF SOCIAL JUSTICE COMMITTEE

Charlene Greenberg, Chair

Dear LGBTQ+ Friends, we welcome you to join us at any of our meetings on Tuesday nights via Zoom. Check in at 6:30 PM; gather for facilitated conversation at 7:00 PM.

Join Zoom Meeting [HERE](#)

Meeting ID: 883 3817 4041, Passcode: 557032

DATE	LED BY	TOPIC
2/17/26	Meg Cohen	Have you noticed resilience in the people around you? Are you resilient? Is there any time in your life that you've needed to be resilient?
2/24/26	Tamer Shelby	A song or two from any time period that speaks to you.

FAITH ENGAGEMENT PROGRAMS

Jamie Walowitz, Youth and Adult Faith Engagement Coordinator

Adult Bible Classes for UUs with Student Minister Bryan Bower: Bible Topics Survey Sundays: March 22 (2:00 PM), April 12, May 24, June 14 | 1:00 PM Chapel

John Buehrens, former UUA President and author of *Universalists and Unitarians in America: A People's History*, writes in his book *Understanding the Bible*, a list of reasons for all “skeptics, seekers, and religious liberals” to study the Bible: “The first motivation could be called political: If you can’t or won’t understand the Bible, others surely will interpret it for you. The second could be called cultural or literary: Within this culture you can’t be fully literate or creative, artistically or rhetorically, without an acquaintance with the Bible. But now we come to the third and most personal reason: You can’t be spiritually mature or wise by simply rejecting the Bible as oppressive. The oppressive uses of the Bible are real, but unless you learn to understand that there are other readings possible, the Bible will, indeed, simply continue to be a source of oppression for you, and not a source of inspiration, liberation, creation, and even exultation as you understand it anew for yourself, at a deeper and less literal level.”

These are many of the reasons that compelled UUCSR’s Student Minister Bryan Bower to go to seminary. Buehrens writes that “not all of us, however, can or should go to seminary to begin to take back our right to read and interpret the Bible for ourselves,” saying you can begin with a basic book such as his. However, since Bryan is already in seminary, he decided to offer at least one Adult Bible Class at UUCSR in Spring 2026.

Please take the survey linked [HERE](#) to indicate which Bible topics interest you! This survey will also be available in the Social Hall and at the Welcome Desk in the Main Lobby.

GREEN SANCTUARY COMMITTEE

Jennifer Roth, Chair

Towards a greener sanctuary is how so many of us are now living. Some of us participate in Alternative Protein Monday with our Ethical Eating group. Some of us are formal activists who show up, stand up, and sign up for the Heat Act from Governor Hochul or Wind Turbine opportunities here on Long Island. There are so many opportunities to feed mother earth.

Winter is at its halfway point; we have the opportunity to start our indoor garden. Jennifer Roth will be out in the forests of Alley Pond Park, and the Leeds preserve in Port Washington monitoring the evolution of the Skunk Cabbage. This is a community outreach effort aligned with UUA’s Green Sanctuary 2030 initiative.

Start thinking now about your garden plot at UUCSR, investigate how you might ReWild your own property for the pollinators, and reach out anytime!

UUCSR RE Senior Seminar Worship Sunday, March 22, 2026 | 11:00 AM | Worship Room

Each year, the Senior Seminar class at UUCSR holds a Worship that is planned by the high school youth. This year’s theme is *Fractals of Generosity: Small Acts of Kindness Amplified*. This theme was chosen because the RE theme for this year is *Generosity*, which includes acts of kindness in any size, shape, or form, and the youth connected with the idea that small acts of kindness can multiply, creating a larger, more profound effect in the world. The youth resonated with this theme because they realize the importance of any degree of kindness that is shown in today’s world, and the impact that it can have, and they want the Congregation to understand that as well.

This Worship contains self-written reflections alongside favorite songs and words that deeply resonate with our youth. It is very important for the Congregation to be able to hear the thoughts and beliefs of our youth, as they are the future of our faith, and they are able to grow into their own faith by passionately exhibiting what is important to them in such a sacred space. Please join us to hear the voices of the future of Unitarian Universalism!

SOCIAL JUSTICE COMMITTEE

Shanti Flot, Chair

Join the INN Volunteer Cooks Second Wednesdays and Fourth Thursdays

Do you like to cook? Please come serve those in need by volunteering to help prepare meals for the INN (Interfaith Nutrition Network). Contact Jane Weiler or Leona Handelman if you like to volunteer! If you would like to come in and help prepare a meal, please call Phinu Jose at 516.472.2975 and register to cook.

Community Food Pantry/Clothing Rack

- Located in the hallway outside of the Main Kitchen
- Access through the sliding doors on the side of the building
- Paper bags are available on the Food Pantry bottom shelf
- Clothing may be tried on in the bathrooms
- Donations of food may be placed in cart in Main Lobby and are appreciated

Everyone is welcome to participate.

Save the Date and Mark Your Calendars:

Sunday, May 17, 2026

All Congregation 2nd Annual Social Justice Committee End of Year Celebration

Food and Fun. All welcome and encouraged to come. More details and a flyer will be made available.

CONGREGATIONAL AFFAIRS

Katerina Dembris, Director of Operations

Kitchen Updates and Food Safety Guidelines

We are pleased to share that we passed our recent annual health inspection by the Nassau County Department of Health. Thank you to everyone who helps keep our kitchens clean, safe, and well organized. To maintain these standards and ensure ongoing compliance, we are reiterating historical and implementing new kitchen and food safety guidelines effective immediately as per the Health Inspector.

Food labeling and dating

All food stored in refrigerators or freezers must be clearly labeled with both the original date and the expiration date. Any food found without proper dates will be discarded. This is a safety requirement and will be applied consistently.

Personal food storage

Members who wish to store food for personal use must notify Operations. Personal items will be stored in a separate refrigerator to avoid confusion with shared or event-related food. Please ask the facilities team to provide the location of the refrigerator. The time frame is at the discretion of the Operations team and will be reviewed on an individual basis for specific circumstances.

Glass-front refrigerator in the hallway outside the kitchen

The glass-front refrigerator will contain food that is available to members. This may contain food from Sunday Café or onsite events and is available for take home for those in need.

Main refrigerators and event food

Food should not be removed from the main refrigerators without permission, as some items may be reserved for upcoming events or programs.

Proper food placement

Meat and dairy products must be stored on the lower shelves of refrigerators to reduce the risk of cross-contamination and support safe food handling practices.

Kitchen access

Only members and volunteers who are actively preparing or serving food are permitted in the kitchens. This helps maintain safety, hygiene, and compliance with health standards. For example, the Sunday Café team that serves lunch on Sundays, Ethical Eating, and INN Cooking that prepare meals on site.

UUCSR Website Update

Over the past few months, the Communications team has been working on reformatting our website to better serve our members and those seeking religious community. We began this project by reviewing how our current site is used and tracking visitor activity, to inform the redesign of the existing content. Research shows that people often leave a website within seconds if they cannot quickly find what they need. Our findings confirmed that we need to make it easier for both current members and those seeking a sense of belonging to find information.

With that in mind, we moved forward with a plan to represent our community more fully and more clearly. The new site takes the content from our existing site, but reformats and designs it to reflect our current members while also reaching families, interfaith couples, values-based community seekers, millennials, LGBTQ+ individuals, and others who connect with UU Values.

While the site is not yet live, we invite everyone to take a look and share feedback directly with me at kdembris@uucsr.org. The QR code below will take you to the preview or you may view it at uucsr.org/NewSite.



A website is often the first introduction to an organization, and our goal is to reflect on the full range of committees, activities, and, most of all, the strong sense of community at Shelter Rock. As we gather feedback, we will schedule an information session and review for all members. Your input matters, and it will help us ensure the site truly represents our congregation.

Verizon Upgrade Scheduled Thursday, February 12, 2026

Verizon is currently scheduled to perform a necessary Verizon Cell Upgrade on Thursday, February 12. This may cause cell phone disruptions within the building at some point during the day. Once on-site, they should have the work completed within a few hours and have everything back up and running on the same day.

BOOKSTORE COMMITTEE

Elaine Peters, Chair

Bookstore and Gift Shop at Shelter Rock

Stop by the Bookstore and Gift Shop at Shelter Rock and take a look around. Along with books, you'll find a variety of gifts and unique items, with new treasures always arriving. We're open Sundays from 12-1 PM, so come in, browse, and see what's new. Some Fair Trade products are available at the store. We have colorful Guatemalan scented trivets and beautiful hand-size potholders. Also, check out the books by some current environmental and political "pioneers" located on our shelves. Keep reading books!



In It Together



**Registration
Now
Open!**

27TH Annual Memorial Day Weekend All-Congregation Retreat

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

May 22–25, 2026

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

Further Information and Register Online
uucsr.org/26retreat

Register early. Space is limited.

\$50 Refundable Deposit Per Adult
\$25 if you register by Saturday, February 28!

This year, our 27th 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
Children's program conducted by professional counselors
Art Building | Theater | Full internet access | Etc, etc.



Unitarian Universalist
Congregation at Shelter Rock
Human. Kind.

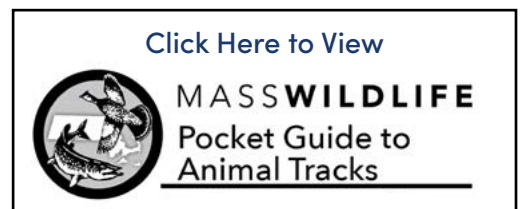
SEE WEBSITE FOR MORE INFO
Questions? Contact Elaine Corrao
516.472.2933 or ecorrao@uucsr.org

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

Who Crossed Here?

This winter season is providing us with an abundance of snowfall! Though inclement weather brings its troubles, there are benefits, such as replenishing the groundwater supply and observing animal tracks.

The following pictures were taken along the forest trail after the January snowfall. Whose tracks can you identify? Hint: the animal is moving away from the camera in each photo. Also, use the [Guide to Animal Tracks](#). See answers below.



Answers: 1. Bird, 2. Eastern Coyote or Red Fox, 3. Common Raccoon, 4. Eastern Gray Squirrel, 5. White-Footed Mouse

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.

The Religious Education Committee invites you to join us for

Bagels & Beliefs



Please join us Sundays before worship for fresh bagels, spreads, & fellowship.

We are asking for a suggested donation of \$1 per bagel. All proceeds go directly toward supporting The Questing Year RE class' Secret Social Action Project. It's a tasty way to support their good work!

Each month, we will host a new interactive conversation board centered around a theme relevant to our shared values and human experience.

Bagels & Beliefs Coffee Hour

Sundays | 9:00–10:30 AM | Social Hall

Every Sunday, you can stop by the Social Hall for a bagel breakfast for just \$1! Proceeds go to benefit The Questing Year RE class Secret Social Action Project. Coffee and tea are FREE. Remember: No food or drink is permitted in the Worship Room.

Courtesy of the UUCSR Board of Trustees and the Religious Education Committee

While enjoying your bagel, you are invited to consider this month's question: **Where do you find hope when the world feels heavy?**

Feel free to add your response to the interactive conversation board, and we look forward to connecting with you!



Thursdays | 5:45–6:45 PM | Choir Room

Five initial sessions: February 12, 19, 26, March 5, 12

With Billy Huyler

Masters of Music, Manhattan School of Music

Bachelor of Music, Indiana University Jacobs School of Music

Sharpen your vocal skills and understanding of the elements of music. Fee: \$5 per session; \$20 for all five. Register [HERE](#).

Questions? Contact Phinu Jose (516.472.2975, pjose@uucsr.org).



Colors & Contours, by The Long Beach Art League

Artist Reception:

Sunday, February 15, 2026 | 1:00–3:00 PM

Exhibit will be on display:

Thursday, February 12–Tuesday, March 17, 2026

All are welcome!



Sundays | 1:00–2:00 PM | Choir Room (lower level)

February 15, 22; March 1, 2026

Have you been told you can't carry a tune? Do family members give you "that look" when you sing Happy Birthday? Do you sing very quietly or not at all in public because you are afraid you will embarrass yourself? If you answered "yes" to any of these, then this is your time to sing! Join Leah Wool to explore the basics of singing through group singing of hymns, folk songs, and things YOU want to sing! This will be a safe, non-judgmental time to explore your voice as you sing with others!

- NO FEE and OPEN TO EVERYONE!
- Register [HERE](#)

Questions? Contact Phinu Jose (516.472.2975, pjose@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.

PRESENTED BY THE UUCSR MEN'S GROUP

SCIENCE DISCUSSION GROUP

Topic: National Skills Crisis—Math Fear/Avoidance
Sunday, February 15, 2026 | 1:00 PM | Onsite in the Office
Conference Room and Online via Zoom

Discussion includes:

- Math anxiety is more common than many of us realize.
- What's your personal relationship with math?
- What innovative ideas are being used today to address math fear?
- So what is math really?

No matter your level of science and math knowledge, there's a place for you in the Science Discussion Network at UUCSR. All are welcome! To join Zoom online, click [HERE](#). Learn more [HERE](#). Questions? Please contact Elaine Corrao (516.472.2933, ecorrao@uucsr.org).

UUCSR Adult Programs Committee Presents

Living Our UU Faith: Deep Listening, Deep Questions

REV. MEAGAN HENRY *Associate Minister at UUCSR*

Six Sunday Afternoons | 1:00 PM | Veatch Library
February 15, March 1, 29, April 26, May 17, 31, 2026

Rev. Meagan Henry is excited to explore UU Faith with you! Come for an intimate six-session exploration of theological concepts that shape our faith tradition—from atonement and blessing to transformation and spiritual practice. Through deep listening and meaningful conversation, we'll examine how these often-charged terms can find authentic expression within our UU values and personal spiritual journeys. No theological expertise required—just curiosity and a willingness to explore alongside fellow seekers. Whether these concepts feel like old friends or unfamiliar territory, you'll find space here to question, wonder, and discover what resonates with your own beliefs. Limited to 12 participants to foster trust and genuine connection. Registration required. If we fill, we'll create a waiting list and offer the program again. Participants encouraged to attend all sessions. Please register [HERE](#). Questions? Contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator (jwalowitz@uucsr.org, 516.472.2943).



Spa sessions are on Thursdays | 11:00 AM–1:00 PM | Social Hall:
February 19 and March 12, 2026

Is your houseplant in need of some tender loving care and attention? Maybe you've been setting aside repotting or addressing a pest issue with your plants? Here's your opportunity! Over the next few months we are offering Houseplant Spa sessions where you can bring your indoor plant for a consultation. Agnes P. Cwalina, UUCSR's Land Management Ecologist, will assess your plants' needs and help you on the spot with caretaking tips, including answering any questions, pruning, repotting, and determining pest or disease issues. **In order to participate, please register for a time slot [HERE](#).** Please limit to bringing three houseplants per person.

If you would like to donate a healthy houseplant or cutting, bring it in for the Plant Swap which will be happening at the same time. Contact Agnes at acwalina@uucsr.org with questions.

RECLAIMING COMPASSION AND HOPE: Community Conversation

led by REV. DR. NATALIE FENIMORE
Lead Minister and Minister of Lifespan Religious Education

Sunday, February 22 | 1:00 PM | Art Gallery

Come together for a community conversation about our ability to reclaim compassion and hope in these troubling times. We can share our anxieties and feelings of uncertainty. We can affirm our commitment to being a loving community. Let's talk about how might we gain strength and direction together.

Register [HERE](#). Registration is not required but suggested, so we are sure to have the proper setup. Questions? Contact Sharon Esposito (516.472.2960 or sesposito@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.

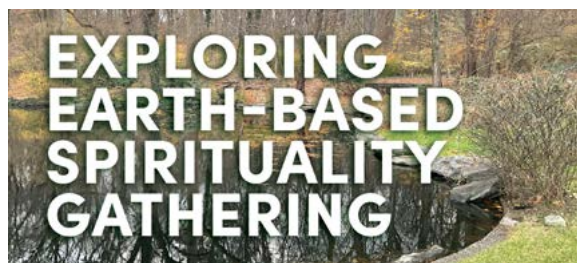


Third Fridays of Each Month | 6:30–9:00 PM

Social Hall and Art Gallery

February 20, March 20, April 17, May 15, June 19, 2026

In social media posts, in newspaper columns and in TED talks—and even in pastoral conversations with ministers—people are sharing a deep sense of isolation and loneliness. This experience contradicts an article of our faith, that we are people of interdependence, and live lives of profound interconnection. “Living a Public Life” is a monthly series of workshops on building our interdependence to live our values in the public sphere. We will learn to do one-to-one relational meetings, will talk about the diverse cultures we inhabit, and discern the difference between the private lives of our families and the public life of a congregation like Shelter Rock. Come join us! Please register [HERE](#) so to ensure we enough food. Questions? Please contact Jamie Walowitz, Youth and Adult Faith Engagement Coordinator (jwalowitz@uucsr.org, 516.472.2943).



Fourth Saturdays (February 28) Monthly | 11:00 AM

RE Room 19 and Chapel

February led by Rev. Dr. Natalie Fenimore and the Earth-Based leadership team Ellen Council, Pamela Prendergast, and Meg Cohen

During Black History Month, we will explore Earth-Based Spiritual Traditions from the African and African-American traditions. Share the cultures, rituals, and beliefs of people who lived with purposeful connection to the earth. All are welcome to explore various paths to spirituality. Please bring some food to share at this event, or a nosh. We will meet and then break for lunch. We hope you can join with us to explore various paths to spirituality. If you can't meet in-person, you are welcome to join online. Register [HERE](#). After you register you will receive the Zoom link. Questions? Contact Sharyn Esposito (sesposito@uucsr.org, 516.472.2960)



Sunday, March 1 | 12:00 PM | Veatch Ballroom

Come join the Adult Programs Committee and explore the religion of Islam with a special focus on the holy month of Ramadan. Kick off our time together with a delicious lunch and then spend time learning about the faith, both in terms of its beliefs and its practices, from people who have grown up in and continue to practice this rich tradition. Looking forward to joining together with you! Register [HERE](#). Registration is strongly encouraged here to order food accordingly, as well as prepare necessary materials. Questions? Please contact Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943).



Sunday, March 8 | 1:30 PM | Worship Room
JAZZ IN THE AFTERNOON with Stephane Wrembel

\$10; under 18 free
Reserve tickets [HERE](#)
Reception to follow.

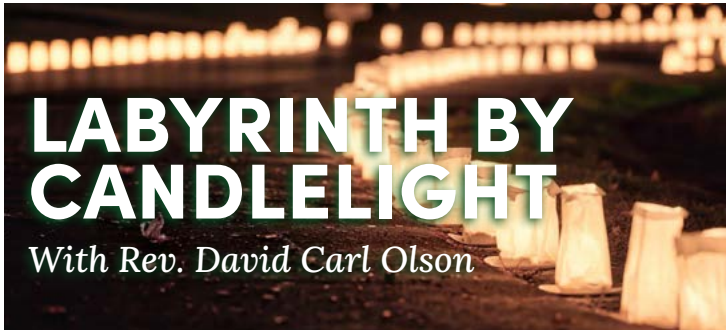
Only people with reserved tickets will be guaranteed seating.
Tickets available at the door the day of the concert.

Questions/Concerns? Contact Music and Performing Arts Committee Assistant Phinu Jose (pjose@uucsr.org, 516.472.2975).

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.



First Fridays | 6:30–8:30 PM | Social Hall
March 6, April 3, May 1, June 5, 2026

Walking the Labyrinth can be a means of meditation, centering prayer and personal healing. Placing one step in front of the other, the pilgrim journeys on a single path from the outside into the center. The labyrinth is not a place to get lost, but offers a single way, with twists and turns, into a destination and back. It can be a chance to set an intention, to consider a personal question, and to have self-compassion as the ancient way unfolds to you. Rev. David Carl Olson will be available to accompany you with questions you may have and will listen to any answers that come to you during your walk. He is a Labyrinth Facilitator certified by Veriditas, which is committed to “inspiring transformation through the labyrinth experience.” Participants may arrive any time after 6:30 PM and before 8:00 PM, and should allow at least 20 minutes to walk the Labyrinth. People are welcome to bring journals to record their insights; simply to remain in a meditative way and listen to music; or to leave when their heart leads them to do so. Questions? Contact Rev. David Carl Olson at dcolson@uucsr.org or Sharyn Esposito at sesposito@uucsr.org.

The Social Justice Committee of the Unitarian Universalist Congregation at Shelter Rock in collaboration with the Women's Group and Manhasset Great Neck EOC presents:

REMEMBER LISS

A Revolutionary War Hero???

Saturday, March 14 | 1:00–3:00 PM | RE Chapel
Presentation by: Claire Bellerjeau

You are invited to spend an afternoon together. Presenter Ms. Claire Bellerjeau takes the audience on a very interesting journey through the revolutionary war and highlights portions of the lives of enslaved people which otherwise we may not be aware of. All are welcome. No charge. Reception following the Presentation. Register [HERE](#). Registration requested for planning purposes. Questions? Please contact Committee Assistant Phinu Jose (pjose@uucsr.org or 516.472.2975).



Saturday, March 28 | 1:30-4:00 PM | Social Hall

An afternoon filled with music, dancing and food. Bring a home-cooked dish. Dance to reggae music. Raise Money for Jamaica and feed the hungry. Donate to the World Central Kitchen. Sliding scale donations beginning at \$15 to support the Fundraiser for Jamaica Disaster Relief are greatly appreciated! You can pay at the door in cash/check, too.

Please register [HERE](#) to confirm your presence. Professional childcare is available, please be sure to include details while registering. Questions? Contact Sonia Arora, Social Justice Committee at UUCSR, (sarora@uucsr.org, 516.472.2977)

UUCSR's Social Justice Committee Presents

Youth Eco Summit



Saturday, April 18 | 9:30 AM–2:45 PM | RE Wing, Grounds, Social Hall

The Social Justice Committee of the Unitarian Universalist Congregation at Shelter Rock, invites all youth (grades 9–12) to participate in the First Youth Eco Summit (YES) at UUCSR!

Mark your calendars to enjoy workshops focusing on Forestry, Pollinator Gardens, and enjoy a scrumptious and sustainable lunch.

Save your spot! Register [HERE](#) now.

Questions: Contact Social Justice Coordinator, Sonia Arora (sarora@uucsr.org, 516.472.2977)

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

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

Small Group Ministry

led by Iris McKenna

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

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

Feb 15, Mar 15, Apr 19, May 17, Jun 21

Silent Book Club

Enjoy reading in community! Grab your favorite book, a cozy blanket (or chair if you fancy), and don't forget some tasty snacks to share. What is Silent Book Club, you may wonder? We meet once a month, we chat for a few minutes, read for an hour, followed by more chitchat...that's it! There's no assigned reading! We bring whatever we're reading: e-books, hard copies, textbooks, comics, even audiobooks. All genres welcome! See you and your book at the next meeting! Please click [HERE](#) to sign up and we're so excited to meet you! Questions? Contact Carson Jones at 516.472.2915 or cjones@uucsr.org.

First Mondays | 6:30–8:00 PM | Zoom

Small Group Ministry

led by Winterflower Robinson

Learn more and register [HERE](#). Contact Jamie Walowitz (jwalowitz@uucsr.org or 516.472.2943) with any questions.

Third Mondays | 10:00 AM | Via Zoom

Care for the Caregiver

Caron Hunter, a holistic health care provider and interfaith minister, leads sessions for those who care for spouses, parents, family members, and friends who are navigating the physical/emotional/mental challenges that caregiving brings. It is a confidential group for those who would welcome support. Please email info@turninginwardwithcaron.com for information on joining the group. Sponsored by the Caring Committee. No charge to participate.

Tuesdays | 6:30 PM | Via Zoom [HERE](#)

Gatherings with LGBTQ+ Friends

The LGBTQ+ Sub-Committee Gatherings are not just for Queer folk—the + includes friends, allies, and parents. Check in at 6:30 PM; gather for facilitated conversation at 7:00 PM. (See page 5 for conversation leaders/topics.)

First and Third Tuesdays Monthly

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

Facilitated by Sandra Frank, Women's Group Board Member. Our format is simple: we start with check-in and move on to an agreed-upon topic for all to discuss, taking turns "going around." Attendees offer their thoughts and ideas to one another, sparking interesting discussions. Besides talking, we listen, learn, and share our individual stories. In the process, we bond with each other and have fun. Your views are welcome during this informal time together. There's much to talk about. Let's be together to share good company and conversation. Do try to attend. You can meet onsite in the Office Conference Room or join the discussion from your home on Zoom. Visit [HERE](#) for details. Questions? Please contact Elaine Corrao (ecorrao@uucsr.org or 516.472.2933).

Third Tuesdays | 10:30 AM | Via Zoom

Living with Cancer, led by Caron Hunter

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

Wednesdays | 2:00 PM | via Zoom

Wednesday Conversations

Seeking an opportunity for spiritual deepening in a supportive setting? You are invited to Wednesday Conversations where we explore a poem or reading for reflection, sharing, and listening. This month's theme is *Embodying Resilience*. To join, click [HERE](#). Questions? Please contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

Second Wednesdays | 11:00 AM–12:30 PM

Hadley House Community Room

Small Group Ministry led by Deborah Siegel and Lilyan Strassman

Learn more and register [HERE](#). Contact Jamie Walowitz (jwalowitz@uucsr.org or 516.472.2943) with any questions.

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

UUCSR is the place to be for an afternoon of fun and games on Thursdays. Not only Bridge and Canasta. We provide the games Mah Jong, Scrabble, Rummikub, Dominos, etc., and invite you to come for a social afternoon. Players of all levels are welcome. Bring your friends who enjoy playing. You'll make new friends, too. All are welcome. Questions? Please contact Elaine Corrao (ecorrao@uucsr.org or 516.472.2933), Carla Drezner (stargatecd@aol.com) or Sandra Hazel Frank (sanwin@optonline.net).

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 | 6:15 PM | Veatch Ballroom

Zazen Meditation—Inisfada Long Island Zen

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

Fridays | 10:45–11:45 AM | Hadley House and via Zoom

Medical Qigong for Senior Health—Winter 2026 led by Ashley Baldwin February 13, 20, 27

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).

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).

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

February 20: *My Friends*, by Fredrick Backman, discussion led by Patti Paris. A moving tale of four teenagers whose friendship creates a bond so powerful that it changes a complete stranger's life twenty-five years later. Visit [HERE](#) for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

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 Committee Assistant Phinu Jose at pjose@uucsr.org. Join Zoom [HERE](#).

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

Women's Group Online Film Discussion

February 20: *Left-Handed Girl*. A single mother and her two daughters return to Taipei after several years of living in the countryside to open a stand at a buzzing night market. Each in their way will have to adapt to this new environment to make ends meet and maintain the family unity. But when their traditional grandfather forbids his youngest left-handed granddaughter from using her "devil hand," generations of family secrets begin to unravel. A 2025 drama film, co-written, co-produced, and directed by Shih-Ching Tsou. It stars Janel Tsai, Ma Shih-Yuan, Nina Ye, Brando Huang, Akio Chen, and Xin-Yan Chao.
February 27: *Son of a Thousand Men*. In a small village, a lonely fisherman yearning for a son is drawn to an ethereal light that links him to others and their long-buried secrets. Director Daniel Rezende, Writers Daniel Rezende, Valter Hugo Mae; Starring: Rodrigo Santoro, Rebeca Jamir, and Miguel Martines. Visit [HERE](#) for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

Saturday, February 28 | 9:00 AM | Veatch Ballroom

Zazenkaï—Inisfada Long Island Zen All-Day Meditation

Come join Long Island Inisfada Zen for a full or part-day of silent Zen Meditation. This all/part-day session is called "Zazenkaï," and contains periodic chants and teachings, snack breaks, and a lunch break. Each hour/hour-and-half long session is broken up into half-hour segments. ALL ARE WELCOME. Beginner instructions are provided. You are welcome to bring food for yourself or to share with others. Spiritual donation appreciated, but not required, to attend. Register [HERE](#) to attend. Contact Leslie Entin (917.822.0880) or Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943) if you have any questions.

Saturdays | 9:30 AM | Art Gallery going forward (Sometimes in Veatch Ballroom or Social Hall)

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](#).

Fourth Saturdays Monthly | 11:00 AM | Art Gallery

February 28, April 25, May 23

Exploring Earth-Based Spirituality Multiplatform Gathering

This group, led by UUCSR ministers, shares the cultures, rituals, and beliefs of people who lived with purposeful connection to the earth. All interested are welcome. Please bring some food to share at each event, or a nosh. We will meet and then break for lunch from 12:30–1:00 PM. We hope you can join with us to explore various paths to spirituality. If you can't meet in person, you are welcome to join online. After registering [HERE](#), you will receive the Zoom link. Any questions, contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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

Lead Minister and Minister of Lifespan Religious Education

Rev. Dr. Natalie M. Fenimore (nfenimore@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)

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: Paul Carbone

Secretary: Claudia Barbey

Treasurer: Moin Haque

Members of the Board of Trustees

Carole Alexander Dana Gumb

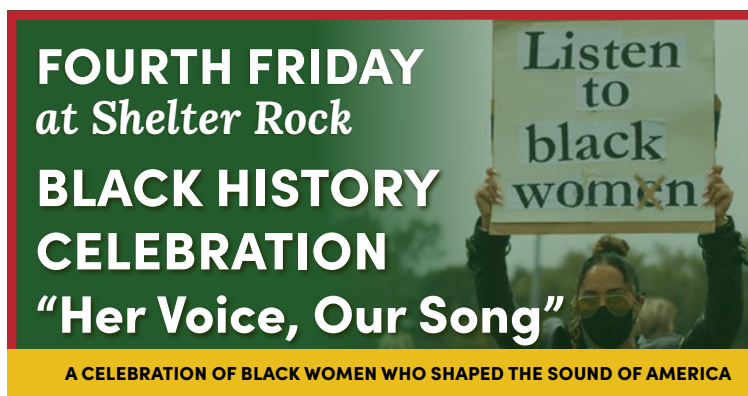
Arnold Babel Larry Hass

Riki Birk

February 11, 2026

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, February 25, 2026 | Deadline for Content: Tuesday, February 17, 2026



Friday, February 27, 2026 | 6:00 PM | Worship Room

Purchase a ticket for the concert and the reception following the concert for \$40 at givebutter.com/WSWjjm.

The proceeds benefit the Manhasset Great Neck EOC.

We will start the evening with a welcome from Rev. Dr. Natalie Fenimore. The concert features Art by Nigel, along with the UUCSR Choir directed by Stephen Michael Smith, and Praise Dancers & Poets sponsored by North Shore NAACP.

A "Soul Food" reception will follow after the concert in the Social Hall, catered by Desired Eatz.

The doors will open at 5:00 PM for you to do some shopping before the concert, as we will have vendors set up in the Main Lobby. There will also be a 50/50 Raffle drawing.

Questions? Contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

Quest is published twice a month, except once in July and August. Copies are available in the UUCSR Lobbies, <https://uucsr.org/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 volunteer Jessica K. Vega. **Submissions:** communications@uucsr.org. *Quest* may include content that does not necessarily reflect official policy.