



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



March 26, 2026

Monthly Theme:
PAYING ATTENTION

WORSHIP SERVICES

SUNDAY, MARCH 29, 2026, 11:00 AM
Student Minister Bryan Bower

Meeting the Moment Progress is important because no one wants to stagnate or regress, but there are times when it is important to look back in order to move forward. This idea may feel outlandish, particularly at moments full of momentum—but when the path before you is full of nothing but obstacles, you have to find a way around. Reminding yourself where you came from can help keep you going where you want to go.

SUNDAY, APRIL 5, 2026, 11:00 AM
UUCSR Ministers

Arise: Family Easter Worship Service After this long, cold, and very snowy winter, we will come together in an all-ages celebration of Easter and the coming of Spring. Join us as we share music and stories of joy, renewal, and rebirth. Let's all Arise to the new day! Easter Egg Hunt follows the Worship Service (*see page 3*).

FRIDAY, APRIL 10, 2026, 7:30 PM
Rev. Dr. Natalie Fenimore

Soulful Sundown Soulful Sundown features an evening of poetry and reflection, led by Rev. Dr. Natalie Fenimore with live music from The Cosmic Orchestra, ONSITE and ONLINE. Guest artist Chastity Brown 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.

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

TOUCHSTONES

Rev. Dr. Natalie Fenimore



Instructions for living a life: Pay attention. Be astonished. Tell about it.
—Mary Oliver

The poet, Mary Oliver, offers us a way to live our lives by being attentive. She asks us to see what is there right around us and to note how much of what we are attentive to can be amazing, astonishing, and worth sharing.

As Spring comes, I often find myself more attentive. Nature seems to demand attentiveness: There is more light. Birds reappear, and I note their different songs, the patterns of their flight. Flowers pop up from the recently snow-covered ground. What kind of flowers are these, I ask? Crocus? The astonishing colors, the signs of new life. Like the white snowdrops along the UUCSR driveway, which demand that I slow down and acknowledge their presence. Forsythia and their yellow flowers opening. And, I wonder, which trees are budding already and preparing to be homes for the birds to nest?

And is there something budding in us? Is there something recovering and renewing in us? We need to pay attention to the “Spring” which comes to our bodies, hearts, and spirits. We, humans, are as astonishing as the rest of the natural world of which we are a part. There is a need to pay attention to our lives and how we are living.

We can tell about our lives, our hopes, and our dreams. We can share what we have paid attention to, too. We can share what has astonished us. With these stories. With these songs. With these poems. With the art we make and share. With these ways of telling and being, we live a life in all its fullness. Maybe bring each of our well-lived lives together to form a community of growth and learning and deep spiritual connection.



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WORSHIP SERVICES

continued from page 1

SUNDAY, APRIL 12, 2026, 11:00 AM
Guest Minister Rev. Fletcher Harper

A Covenant for Our Future—Faiths for Climate Justice As the climate crisis intensifies, the past year has seen national US climate and clean energy commitments decimated—alongside cuts to food aid and healthcare and the demonization of migrants. Rev. Fletcher Harper, GreenFaith’s leader, will articulate a moral response to these grave threats, sounding an alarm and a call to collective action.

Following the Service, from 1:00–2:00 PM in the Art Gallery, the Veatch Program and Green Sanctuary are co-sponsoring a conversation with the Rev. Fletcher Harper about opportunities for engagement in the work of GreenFaith. A special cake will be served. All are welcome.

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.

RESPECTFUL RELATIONSHIPS TEAM (RRT)

Paul Carbone, Chair

Welcome New Member to the Respectful Relationships Team (RRT)

In her 42 years as a member, **Angela Cesa** served on many committees at UUCSR and currently supports and participates in the work of the Animal Ministry, Women’s Group, as well as the Caring, Social Justice, and LGBTQ committees.

With a Master’s in Healthcare Administration, Angela worked for the Long Island Jewish Hospital and Mt. Sinai Medical Center for 15 years. She then transitioned into a career in chaplaincy. After training at Calvary Hospital and Westchester Medical Center, she entered seminary. After completing 78 credits at Union Theological Seminary and New York Theological Seminary, she earned a master’s degree in Pastoral Care. In 2008, she was ordained an interfaith minister. Angela recently retired from serving as a chaplain at Mercy Medical Center and Winthrop University Hospital. During this time, she became committed to the practice of Compassionate Communication, also known as NVC (non-violent communication). She participated in a formal practice group for 10 years. This work enhanced both her professional ministry and personal growth. A dedicated UU with experience in relationship building, Angela is a welcome addition to the Respectful Relationships Team.

Should you have an interest in joining the RRT, please reach out to Rev. David Carl Olsen and RRT Chair Paul Carbone to receive an application.

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
Bookstore and Gift Shop	Thursday, March 26	2:00 PM	via Zoom

BAGELS & BELIEFS

Sundays | 9:00–10:30 AM | Social Hall

Every Sunday, you can stop by the Social Hall for a bagel breakfast for just \$1! Proceeds go to benefit The Questing Year RE class Secret Social Action Project! Coffee and tea are FREE. While enjoying your bagel, we invite you to consider the question of the month and add your response to the interactive conversation board. We look forward to connecting with you!

SUNDAY CAFÉ

Social Hall | Following Sunday Morning Worship Service

March 29: Feasts & Festivals Ramadan Celebration for All Ages hosted by RE

Turkish feast served by The Questing Year class
(see RE column, opposite, for details)

All other weeks:

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

Join the Plant-Based Cooking Team!

Love to cook and curious about plant-based meals? Ethical Eating is looking for volunteers to help prep on Saturday, April 25, and serve on Sunday, April 26 for the Sunday Café.

Available Shifts:

- Saturday, April 25 (9:00 AM–1:00 PM) Prep Crew
- Sunday, April 26 (9:00 AM–1:00 PM) Cooks, Servers, Clean Up

To Sign Up: Register [HERE](#) or use the QR code.

- Please provide your Name, Cell, and Email, along with your preferred time and how you would like to help. Thank you for your support!



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

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

RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator

Feasts & Festivals Ramadan Celebration for All Ages

Sunday, March 29 | 11:00 AM | Social Hall

All are welcome to this year's second of two all-RE and congregation-wide Feasts and Festivals events on Sunday, March 29! Families in RE and all spiritual seekers are invited to come to the Social Hall at 11:00 AM to learn more about Ramadan, the Muslim holy month of fasting, prayer, reflection, charity, and strengthening community.

Acts of generosity are a vital practice during Ramadan, and as **Generosity** is the theme for this year in Religious Education, after the lesson we will be packaging up little bundles of love that will go to brighten the day of children in our community who need it most.

Afterwards, RE hosts the Sunday Café with a Turkish feast served by The Questing Year class! The feast is \$10 per adult (kids eat free!) and the money goes towards the social action donations decided upon by the youth in Religious Education.

Come One, Come All to the Annual Easter Egg Hunt Worship on Sunday, April 5!



It's time again to bring your baskets and bonnets, beloveds, because just after the Easter Sunday Worship Service, all families are invited to the annual Easter Egg Hunt! Come meet the Easter Bunny before and after Worship and bring friends!

Families, we'll gather outside on the patio just off the Main Lobby just after the conclusion of Worship and wait for a few covenantal instructions before the Egg Hunt begins.

Can't wait to see you all in your Sunday best!

BOOKSTORE COMMITTEE

Elaine Peters, Chair

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.

**LGBTQ+ SUB-COMMITTEE OF
SOCIAL JUSTICE COMMITTEE**
Charlene Greenberg, Chair

**Campfire Conversations Book Series Discussion With Guest Speaker
Lisa Gordon-Davis**

Lisa Gordon-Davis has been a consultant for over 30 years, specializing in tourism, hospitality, and education. She will discuss how her book series, *Campfire Conversations*, was inspired by family conversations that started with some questions with only two choices for answers. This led to fun debates, storytelling, and heartfelt discussions. The fun lies in the “why?” people picked that choice. She will explain how these books can be used with both kids and adults. The books will be discussed during the Tuesday, April 7 LGBTQ+ meeting from 6:30–8:00 PM at the following Zoom link [HERE](#).

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
3/31/2026	Susan Roberts	What’s something you used to enjoy when you were young that you no longer like? And what have you become more interested in the older you get?
4/7/2026	Guest speaker Lisa Gordon-Davis	Discussion of her <i>Campfire Conversations</i> book series (see description above)
4/14/26	Open Chat	

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.

DENOMINATIONAL AFFAIRS COMMITTEE (DAC)
Richard Bock, Chair

Partner Church Tag Sale: Sunday, April 19

Attention bargain shoppers! Please mark your calendars now! Save the date—Sunday, April 19, for the annual Partner Church fundraising event. This year, it’s a TAG SALE! You’ll be sure to find wonderful shopping opportunities for yourself, as well as gifts for all occasions, even as far off as the big December one! The Tag Sale will take place in the Social Hall from 9:30–11:00 AM and 12:00–1:30 PM.

In addition to being a shopper, please search your attics NOW for contributions that you can make to the Partner Church Tag Sale. Please bring your donated items to the Reception Desk in the downstairs lobby by Friday, April 17. Please establish the dollar amount for each donated item and tag your items. Tags will be supplied. If you can offer a service instead of a physical item, that would be wonderful—just write down a description of your offering on a piece of paper, along with the price, and leave it at the Reception Desk.

Shelter Rock has been partnered with the Unitarian Church in Csikszereda, Transylvania (Romania) since 1991, and has made significant financial contributions to their construction efforts. A pilgrimage to Partner Church and historical sites is being planned.

For more information on the Partner Church Tag Sale, please contact Barry Nobel (516.570.2154 or barry@nobel.org) or Sharyn Esposito (516.472.2960 or sesposito@uucsr.org).

The other fundraiser for Partner Church is the George Kesner Memorial Book Exchange, located in the rear of the Social Hall. Come browse through an extensive trove of books for every interest. Make your selections and leave your contributions in the collection box provided. Book donations to the Book Exchange are always welcome.

Submitted by Barry Nobel and Jessica Vega



Partner Church: Unitarian Church in Csikszereda

GREEN SANCTUARY COMMITTEE

Jennifer Roth, Chair

Give an Hour for Earth

In April, UUCSR members alongside the Green Sanctuary Committee, can join the World Wildlife Fund's campaign called "Give an Hour for Earth." This national initiative calls nature lovers to spend at least 60 minutes each April helping the planet.

Members can do work that helps the earth, like writing to representatives, cooking, gardening, fundraising, etc. Please contact Jennifer Roth at Jnaissance@gmail.com to let her know if you will be involved so your name and your activity can be added to the list of participants.

Submitted by Elaine Peters for the Green Sanctuary Committee



**Staff Work Anniversaries
April**

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

Carmelito Mendoza, Facilities Technician
Celebrating 1 year on April 21

Krystal Hill, Facilities Technician
Celebrating 2 years on April 29

ART COMMITTEE

Paul Kopelow, Chair



Under the Influence: Japan as Inspiration
by Nancy Yoshi

Exhibit on display:
Friday, March 20–Monday, April 20
UUCSR Art Gallery
All are welcome!

In *Under the Influence: Japan as Inspiration*, Yoshi explores the subtle and enduring ways Japanese culture, aesthetics, and philosophy have shaped her creative process. The exhibition features an eclectic mix of collage, paper quilts, paper jewelry, and found-object sculpture, much of it made from recycled or repurposed materials. Her work celebrates transformation—the alchemy of turning the ordinary into the extraordinary.

SPECIAL EVENT HIGHLIGHTS

Additional information at uucsr.org/events
See uucsr.org/calendar for specific hours.

*Presented by the 2026
All-Congregation Retreat Committee*

**FOURTH FRIDAY
at Shelter Rock
WITH REV. MEAGAN HENRY**

**FAMILY FUN NIGHT:
RETREAT MASHUP**

**FRIDAY, MARCH 27 • 6 PM
SOCIAL HALL**

We will start with an introduction by Rev. Meagan Henry and then enjoy a Pizza and Pasta Dinner while learning more about the annual UUCSR All-Congregation Retreat. **The night will feature a Campfire-style Sing-along with Indoor S'mores Making, Bingo with Prizes, and Kids Crafts.** This is a multi-generational event.

If you are interested in running a workshop at this year's retreat but you are not sure what you want to do - come visit the Workshop Brainstorming table for inspiration and support!

Please be sure to register, although not required it ensures us that we have enough food and supplies for everyone. Thank you.

There isn't a fee to attend however, a donation is always welcome to help with the costs of the meal and supplies - look for donation basket at the check-in table.

REGISTER HERE:
uucsr.org/26MarchFF

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

SPECIAL EVENT HIGHLIGHTS

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UUCSR's Social Justice Committee Presents

Fundraiser for Jamaica Disaster Relief

**Saturday, March 28
1:30-4 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.

REGISTER HERE:
ucsr.org/Jamaica26

GIVE HERE



Professional childcare is available, please be sure to
include details while registering. Questions?
Contact Social Justice Coordinator Sonia Arora
(sarora@ucsr.org, 516.472.2977).

MUSIC AT SHELTER ROCK PRESENTS

Organist

CHRISTOPHER CREAGHAN

*Former Music Director
Organist of Riverside Church, NYC*

On the Jaekel Mechanical Action Instrument

**Sunday, March 29
• 1:30 PM •**

**Works By: Bach, Widor, Böhm, Stanley,
Sweelinck, Bédard & Robinson**

**\$5 • \$12 maximum for families
Under 18 FREE**

Reception to meet the artist to follow
in the Shelter Rock Art Gallery

TO RESERVE TICKETS:
ucsr.org/Organ26

Questions? Contact Sherley Meehan
at 516.472.2975 or
committeeassist@ucsr.org

UUCSR Adult Programs Committee Presents

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

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

APR 26, MAY 17 & 31 | 1:00-2:45 PM

**REGISTRATION CLOSED
JOIN THE WAITLIST FOR THE NEXT SESSION***

*Please contact Jamie Walowitz, Youth and Adult Faith
Engagement Coordinator: jwalowitz@ucsr.org or 516.472.2943

SPECIAL EVENT HIGHLIGHTS

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

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SPONSORED BY UUCSR MEMBER EVENTS COMMITTEE

SHELTER ROCK'S PASSOVER SEDER



Thursday, April 2, 2026 • Social Hall
4:00 PM Doors Open • 4:30 PM Service • 5:15 PM Dinner

Please note an important schedule change:

The Service will now begin promptly at 4:30 PM, and dinner will be served at 5:15 PM. This adjustment has been made to accommodate members who have choir rehearsals at 7:00 PM.

You and your family and friends are cordially invited to the Annual Unitarian Universalist Intergenerational Seder at Shelter Rock. Traditional UUCSR Seder meal will be served, and we will follow along with our UUCSR Haggadah and songs.

Members: \$32 | Non-Members: \$37
Children (12 and under): \$15

Register [HERE](#). Registration closes 5:00 PM, Thursday, March 26

If you are interested in reading a line or a few from the Haggadah, please contact Rick Schwartz by email (r13schwartz@gmail.com).

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

SPONSORED BY THE UUCSR WOMEN'S GROUP

TGIF: Songs That Make You Want to Boogie!

TGIF

FRIDAY, APRIL 3, 2026 • 7 PM • ART GALLERY

KARAOKE NIGHT

The right lyric or melody can make you feel like dancing in your seat or feel like getting onto the dance floor. Each person will have the opportunity to have their song played and sing along with the group. Or you can just dance! Or do both! Come join the fun!

Light refreshments will be provided.
Registration is encouraged.

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

REGISTER HERE
uucsr.org/26SongTGIF

THE UUCSR ANIMAL MINISTRY AND SOCIAL JUSTICE COMMITTEE PROUDLY PRESENT

They're Trying To Kill Us



SATURDAY, APRIL 4 | 12:30 PM | UUCSR ART GALLERY

Film: *They're Trying to Kill Us*, a documentary that addresses food injustice and food deserts among people of color and indigenous people through the lens of health experts and entertainers.

Discussion to follow film.
Event is free of charge.

Light snacks and beverages served.

Registration suggested but not required.

REGISTER HERE
uucsr.org/Injustice26

Questions? Contact Sonia Arora
sarora@uucsr.org or 516.472.2977

LABYRINTH BY CANDLELIGHT

With Rev. David Carl Olson

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

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.

SPECIAL EVENT HIGHLIGHTS

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

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Sponsored by the UUCSR DAC, REC, SJC
and Adult Programs Committee

Social
Change Now:
A Guide for
Reflection and
Connection

CY 2025-2026 Common Read at UUCSR

SATURDAY, APRIL 11
1 PM-4 PM | ART GALLERY

The 2025-26 UU Common Read is
*Social Change Now: A Guide for Reflection
and Connection* by Deepa Iyer.

At 1 PM on Saturday, April 11, Student Minister Bryan Bower and Rev. Meagan Henry will lead a session of discussion and activity offered by this book, currently available in the UUCSR Bookstore.

When we do a UU Common Read together, we share in reflection, learning, and action. A Common Read can take us on a powerful journey into what it means to be human and accountable in a world filled with both pain and joy.

Unitarian Universalists are invited to explore Iyer's work through the lens of our UU faith and shared values. Participants explore Iyer's Ecosystem model, the roles that comprise it, and how these can support the congregational community and, in turn, our role in wider communities where we work with others for social change.

REGISTER HERE:
uucsr.org/26Read

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

UUCSR Adult Programs Committee Presents

Adult Bible Class

With Student Minister Bryan Bower

SUNDAY, APRIL 12 | 1 PM | RE ROOM 15

Join in studying the Bible critically and intelligently with Student Minister Bryan Bower. For this session, we will be studying **The Synoptic Gospels: Matthew, Mark, and Luke**. These three Gospels have some striking overlap, and when they are "seen together" it's clear that these texts repeat entire passages with the same or very similar language, and yet there are clear differences if you look carefully! If time permits, we may also look at the Gospel of John and consider its divergences. No background in the Bible is necessary, just curiosity and willingness to learn!

Come join Bryan on this journey of Bible study! Please click [HERE](#) for more information and registration details. Questions? Please contact Jamie Walowitz, UUCSR's Youth and Adult Faith Engagement Coordinator: jwalowitz@uucsr.org; 516.472.2943.

UUCSR's Social Justice Committee Presents

Youth Eco Summit

Saturday, April 18

9:30 AM-2:45 PM • UUCSR

RE Wing, Grounds, Social Hall

The UUCSR Social Justice Committee 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.

We offer community service credits, if you are eligible

Save your spot! Register [HERE](#) now.
Questions: Contact Social Justice Coordinator, Sonia Arora
(sarora@uucsr.org, 516.472.2977)

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 UUCSR MINISTRY TEAM PRESENTS

PRACTICING EMPATHY

Third Sundays Monthly | 1:00 PM | Veatch Library
April 19, June 21, 2026

Please join the UUCSR Respectful Relationship Team for Practicing Empathy in communication with one another. The Respectful Relationship Team operates with an understanding that our community is enhanced—and the world will be enhanced—by our compassionate communication with one another. Learn more [HERE](#).

The ministers are also ready for compassionate conversation one-to-one with all of our members. If you want to make an appointment for a one-to-one conversation, please reach out to a minister or make an appointment with the Ministers Assistant Sharon Esposito (516.472.2960 or sesposito@uucsr.org).

SPONSORED BY THE MENTAL HEALTH SUB-COMMITTEE
OF THE SOCIAL JUSTICE COMMITTEE AT UUCSR

Coping with Ambiguous Loss

Friday, April 24 | 4-6 PM | Online

With Jerri Clark of the Treatment Advocacy Center
1 hour and 30 minutes with Q and A

Ambiguous loss is a type of unresolved grief occurring without closure or clear understanding, often leaving individuals searching for answers. Coined by Dr. Pauline Boss in the 1970s, it involves either a person being physically absent but psychologically present (e.g., missing person, divorce) or physically present but psychologically absent (e.g., dementia, addiction).

Register [HERE](#). Zoom link [HERE](#).
Questions? Contact Sonia Arora (sarora@uucsr.org, 516.472.2977).

CALL FOR MUSICIANS

ANNUAL SUMMER CONCERT 2026

THE ORCHESTRA AT SHELTER ROCK
Stephen Michael Smith, Music Director



ANTON BRUCKNER Symphony No. 7 in E Major, WAB 107

Leonard Bernstein: *"His music is prayer... it is music about faith."*
Herbert von Karajan: *"...architecture in sound."*

REHEARSALS

Wednesday Evenings
July 8, 15, 22, 29 • 7-9 PM

PERFORMANCE

Saturday, August 1
6 PM call • 7 PM performance

*All rehearsals and performances at
UU Congregation at Shelter Rock,
48 Shelter Rock Road, Manhasset, NY*

*Music provided well in advance
Stands and lights provided
Air-conditioned, free parking*

To reserve a seat contact
Sylvia Cordero-Skidmore, Orchestra Librarian
uumusic@uucsr.org

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

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

Small Group Ministry

led by Iris McKenna

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

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

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 | 10:00–11:15 AM | Art Gallery

April 7, 14, 28; May 5, 12, 19

Building a Better Brain for a Better Life

Fee: \$90 for Members; \$120 for Non-Members

Come join us for this unique and empowering class led by Dr. Fern Engelson, and learn how to strengthen and protect your brain, now and for the future. We will practice specific gentle movements, breathing techniques, self-massage, and other modalities, all designed to promote neuroplasticity as we grow new and healthy brain cells and neuronal pathways, along with fostering the proper blood flow that is vital for a healthy brain. Learn more and find registration information [HERE](#). Questions? Contact Jamie Walowitz (jwalowitz@uucsr.org or 516.472.2943).

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

Gatherings with LGBTQ+ Friends

The LGBTQ+ Sub-Committee Gatherings are not just for Queer folk—the + includes friends, allies, and parents. Check in at 6:30 PM; gather for facilitated conversation at 7:00 PM. (See page 3 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 *Paying Attention*. To join, click [HERE](#). Questions? Please contact Sharyn Esposito (sesposito@uucsr.org or 516.472.2960).

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.

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).

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 | Online (ZOOM) or In-Person; in-person classes, when held, will be at Hadley House, with advance notice (contact Ashley for details and in-person class schedule)

**Medical Qigong for Senior Health—Spring 2026 led by Ashley Baldwin
March 27; April 3, 10, 17, 24; May 1**

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 register! Please contact Jamie Walowitz with questions (jwalowitz@uucsr.org or 516.472.2943).

23rd of Every Month via Zoom | 6:30–7:00 PM

Online Vigil to End Solitary Confinement

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

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

April 17: *The Cliffs*, by J. Courtney Sullivan, discussion led by Patti Paris. Visit [HERE](#) for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

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

Women's Group Online Film Discussion

March 27: *Frankenstein* (watch on Netflix). Oscar winner Guillermo del Toro reimagines Mary Shelley's classic tale of a brilliant scientist and the creature his monstrous ambition brings to life. Starring: Oscar Isaac, Jacob Elordi, Mia Goth.

April 17: *Blue Moon*. While not the flashiest Richard Linklater film, *Blue Moon* boasts a wonderful performance by Ethan Hawke as he embodies a man hanging on by a thread while the audience hangs on to every word said. Ethan Hawke mesmerizes, becoming both the *Hart* and soul of *Blue Moon*, a beautifully written though occasionally uneven chamber style character piece. Visit [HERE](#) for details or contact Elaine Corrao to learn more (ecorrao@uucsr.org or 516.472.2933).

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

Yoga For All Levels, led by 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

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

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Vice President: Paul Carbone

Secretary: Claudia Barbey

Treasurer: Moin Haque

Members of the Board of Trustees

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Arnold Babel Larry Hass

Riki Birk

March 26, 2026

ADDRESS SERVICE REQUESTED
FIRST CLASS MAIL DATED MATERIAL

Next Quest: Wednesday, April 8, 2026 | Deadline for Content: Tuesday, March 31, 2026

Fraudulent Emails and Phishing Scams: Don't Take the Bait!



Recent email scams have targeted the Shelter Rock community purportedly from the Shelter Rock's ministers, staff, or even members, requesting a pdf copy of the membership database.

- **Please note that UUCSR ministers, staff, and UUCSR members will NEVER ask for a pdf of the membership database. The database is secure and these emails should be reported to a staff member if you receive one.**

Please also be reminded about the "phishing" emails purportedly from the Shelter Rock ministers that are sent from fake, non-UUCSR addresses.

- **UUCSR ministers and staff members will NOT send you emails using any other email address other than uucsr.org.**

Often, a recipient of a phishing email is advised to call their known contact to verify an email. Most recently, phishing emails have instructed recipients NOT to call, causing confusion about safe behavior.

THE SAFEST ACTION IS NO ACTION; DO NOT CLICK OR RESPOND IN ANY WAY.

Rest assured: Shelter Rock's technology has state-of-the-art security, and no breach has been detected.

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.