



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



June 4, 2025

**Monthly Theme:
THE PRACTICE OF
FREEDOM**

WORSHIP SERVICES

SUNDAY, JUNE 8, 2025, 11:00 AM

Rev. Israel Buffardi

Bridging and Coming of Age: A Celebration of Becoming Join us for a powerful multigenerational service honoring the sacred transitions in our young people's lives. This year, we're weaving together two beloved rites of passage—Coming of Age and Bridging—into one beautiful celebration of becoming.

As we witness our Second Graders deepen their understanding of the UU Values and Inspirations, our Coming of Age youth share reflections on their personal beliefs and values, and celebrate our graduating seniors as they bridge into young adulthood, we honor the unfolding journeys of identity, courage, and commitment. These moments are not just milestones—they are sacred thresholds. Together, we bless the questions, the growth, and the becoming that make us who we are.

Through music, ritual, and spoken word, this service will center the voices and experiences of our youth while inviting us all to reflect on our own journeys of transformation. This is a Sunday of deep pride, heartfelt gratitude, and tender hope for the future.

Come be part of this sacred circle of support and celebration. Picnic to follow.

FRIDAY, JUNE 13, 2025, 7:30 PM

Rev. David Carl Olson

Soulful Sundown Soulful Sundown features an evening of poetry and reflection, led by Rev. David Carl Olson with live music from The Cosmic Orchestra, ONSITE and ONLINE. Special Guests Larry Campbell and Teresa Williams join 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.

TOUCHSTONES

Rev. Israel Buffardi



Our theme for June is freedom—a word that might evoke images of wide-open skies, endless oceans, and horizons that feel limitless. True freedom isn't just about having unlimited choices or avoiding barriers. It's about finding the courage and clarity to embrace what truly matters, living a life deeply aligned with purpose.

Think about steering a ship across the open sea. Real freedom isn't found in dodging every storm or avoiding challenging waters; it's about confidently setting your course by the steady stars above and the quiet compass inside. It's choosing intentionally—not just drifting with the current or taking the safest route—but daring to head toward what genuinely resonates with your heart.

We often equate freedom with ease or comfort, imagining smooth sailing. Yet the deepest kind of freedom might ask us to brave rough waters, to navigate uncertainty, because that's how we uncover pathways that reflect our truest selves and biggest dreams. Saying "yes" to meaningful adventures—even when the journey gets turbulent—is how we truly learn, grow, and discover the richness of life.

This month, as we explore freedom together, let's seek clarity in our purpose, courage in our decisions, and deeper connection with who we really are and with each other. Let's sail with intention, heart, and openness, embracing a journey filled with discovery, meaning, and genuine joy.

LET THEM EAT CAKE!

Rev. David Carl Olson

Please save the date on June 29 to celebrate ministerial transitions.

We'll thank Madison Colquette for her student ministry year with us, and wish Rev. Israel Buffardi all the best blessings as he prepares to become the Minister at the UU Fellowship of Huntington. We'll share cake during Sunday Café in the Social Hall after the morning service.

continued on page 2

WORSHIP SERVICES

continued from page 1

SUNDAY, JUNE 15, 2025, 11:00 AM
Rev. David Carl Olson

Father's Day Service: Leadership and Love We think about freedom this month, and today in particular we consider how leaders help us find freedom. We think especially about the ways our dads equipped us to live freely, and instilled in many of us the importance of leadership in private institutions like families and public institutions like congregations. We also will "commission" those delegates who will represent our congregation at the upcoming General Assembly of the Unitarian Universalist Association of Congregations.

SUNDAY CAFÉ

Social Hall | Following Sunday Morning Worship Services
Vegetarian and vegan options are always available

June 8: RE Milestones End-of-Year Picnic Celebration

All are welcome to the RE Milestones End-of-Year Picnic Celebration!

On Sunday, June 8, at 12:30 PM, on the Main Lawn, just after the Coming of Age and Bridging Worship Service, all are welcome as we celebrate the growth and learning that our youth have experienced throughout their time in Religious Education at UUCSR. A cookout lunch (burgers, hot dogs, veggie burgers, chicken nuggets, salads), beverages, and desserts will be served, and there will be many fun activities, music, and dancing for all ages. This year, the picnic is **FREE OF CHARGE TO ALL**, courtesy of the Religious Education Committee. We hope to see you there!

CHILDREN ONLY \$5 kids' meal:

chicken fingers, mac and cheese, fruit platter

ADULTS \$10:

June 15: chicken parmigiana, penne ala vodka, garlic bread, tossed salad (**co-sponsored with LGBTQ+**)

All meals include lemonade, iced tea, and dessert.

MINISTERIAL RECOGNITION

Rev. Dr. Natalie Fenimore will receive the Angus MacLean Religious Education Award at the Unitarian Universalist Association General Assembly in Baltimore on Sunday, June 22, around 2:45 PM, in the Baltimore Convention Center. Rev. Dr. Fenimore joins UUCSR ministers emeriti, Barry Andrews and the late Christine Whetzel in receiving this award.

You can find more information on the award and previous honorees [here](#).

BOARD OF TRUSTEES

BOARD OF TRUSTEES AGENDA

Tuesday, June 10, 2025

- | | |
|---------|--|
| 7:00 PM | I. Opening Words: Ministers |
| 7:05 PM | II. May 2025 Minutes: Claudia Barbey |
| 7:10 PM | III. Congregational Activities Review: Aimee Vella Ripley, Vice President |
| 7:20 PM | IV. Ministerial Search: Chris Hilke, President <ul style="list-style-type: none">• Update |
| 7:40 PM | V. Tax Exemption Risk Assessment: Dominique Moran, Farrell Fritz |
| 8:10 PM | VI. Minister's Reports: Rev. Israel Buffardi, Rev. David Carl Olson, and Madison Colquette, Student Minister |
| 8:30 PM | VII. President's and Admin Reports: Chris Hilke and Adam Barshak, COA <ul style="list-style-type: none">• Annual Congregational Meeting Recap: Chris Hilke, President• CY26 Draft Calendar Options: Aimee Vella Ripley, Vice President• COA Annual Restricted Gift to Congregation: Adam Barshak, COA• Royalties Annual Power of Attorney: Adam Barshak, COA• Legal Update: Chris Hilke, President |
| 9:00 PM | VIII. Good of the Order: Chris Hilke, President |

BOARD OF TRUSTEES AGENDA

Thursday, June 12, 2025

- | | |
|---------|---|
| 7:00 PM | I. Opening Words: Ministers |
| 7:05 PM | II. Member Resource Committee: Jane Weiler, Chair <ul style="list-style-type: none">• CY26 Committee Chairs/Member Nominations |
| 7:20 PM | III. Ministerial Care & Compensation Charge: Moin Haque, Treasurer |
| 7:35 PM | IV. Hadley House LLC <ul style="list-style-type: none">• Governance Ad Hoc Committee Report: Aimee Vella Ripley, Vice President |
| 8:00 PM | V. Endowment Committee: Andy Bartels, Chair <ul style="list-style-type: none">• CAPEX & Crisis Grants Set Aside Funding• Investment Policy Statement |
| 8:25 PM | VI. Building Use Leadership Team: Claudia Barbey |
| 8:50 PM | VII. Recognition of Board Service: Chris Hilke, President |
| 9:00 PM | VIII. Good of the Order: Chris Hilke, President |

ART COMMITTEE

Paul Kopelow, Chair

The Joy of Dance, Travel, Nature and Works of the Great Masters
Paintings by Kavita Basavaraju
Exhibit is on display through Tuesday, July 1, 2025

Meet the Artists Reception:
Sunday, June 22, 2025
1:00–3:00 PM | Art Gallery



MEMBERSHIP COMMITTEE

Paul Drezner, Chair

Membership Renewal

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

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

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

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

submitted by Carla Drezner

SOCIAL JUSTICE COMMITTEE AND RELIGIOUS EDUCATION (RE)

UUCSR Builds with Habitat for Humanity Long Island

Saturday, July 12 | 8:45am | Address TBD in Wyandanch

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

RACIAL JUSTICE SUB-COMMITTEE OF THE SOCIAL JUSTICE COMMITTEE

Shanti Flot, Chair

Subtle Acts of Exclusion Book Discussion (Postponed - Date TBD)

Do you want to become more aware of identifying and stopping microaggressions? Join Jim Smith and Martha Chimienti to discuss *Subtle Acts of Exclusion*, by Tiffany Jana and Michael Baran.

The book reframes microaggressions as “subtle acts of exclusion” to emphasize their impact and purpose. It offers a language for open and productive conversation about bias and inclusion.

Subtle Acts of Exclusion is on sale for \$14 in the Book Store.

submitted by Martha Chimienti

RELIGIOUS EDUCATION (RE)

Carson Jones, Lifespan Religious Education Coordinator



Pride Walk Breakfast and Sign Making for Port Washington Pride

Saturday, June 14, 9:30–11:30 AM, in the Art Gallery; 1:00–4:00 PM, in Bay Walk Park, Port Washington

The UUCSR LGBTQ+ Sub-Committee and the Religious Education Committee invite everyone to the Art Gallery on Saturday, June 14, from 9:30–11:30 AM, for a light breakfast

and sign-making before traveling together to Port Washington for the annual Be the Rainbow Pride Walk and Festival!

Please register [HERE](#) to give us a good idea of how much food and supplies to have ready.

And we have a table at the Pride Festival again this year! The festival runs from 1:00–4:00 PM at the John Philip Sousa Bandshell in Port Washington, and if anyone would like to volunteer at the table, please let us know when you sign up. We'll have crafts, coloring pages, origami, and if anyone has other creative ideas to share, please let us know.

Feel free to reach out to Carson Jones, Lifespan Religious Education Coordinator, at cjones@uucsr.org with any ideas and questions.

Looking forward to celebrating Pride with you all!

RESPECTFUL RELATIONSHIPS TEAM

We've talked about seeing the world as it really is in “Meeting the Moment.” We've imagined the best relationships we may have with one another in “Understanding Empathy.” And now we've asked ourselves to gain the tools regarding “How to Have Difficult Conversation.” We're on a journey together toward creating braver and safer connections with one another!

A question to ponder: What is the difficult conversation you can imagine someone wants to have with you? How do you imagine you will prepare for that conversation? How will you approach it with self-empathy, and a recognition of the world as it really is? Think about this—and then share your thoughts with someone you trust.

Rev. David Carl Olson, Associate Minister for Congregational Life

SPECIAL EVENT HIGHLIGHTS

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

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



Thursday Evenings | 7:00–8:15 PM | Choir Room
June 5, 12, 2025 | \$5 per class

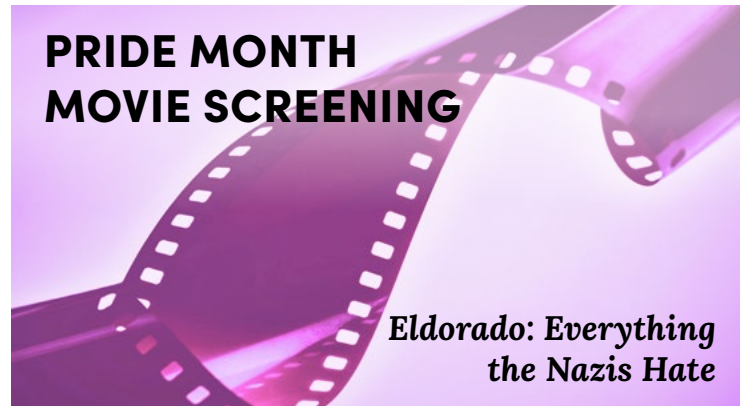
Love music and want to understand how it works? UUCSR's new Music Theory class breaks it down for you. You'll explore how sound is organized into music, learning the foundational principals of rhythm, pitch, scales, and harmony in a dynamic and interactive learning environment led by UUCSR's Jazz Ensemble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

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



Good Morning, Baltimore! with Rev. David Carl Olson
An orientation to the city hosting 2025 General Assembly
Friday, June 6 | 7:15–9:00 PM | Art Gallery

A fun introduction to the city of Baltimore, its culture as “Charm City,” and the site of the first national cathedral for Unitarianism in the United States. This is a complicated city that initiated the first major economic depression in the United States and turned the Southern custom of residential housing segregation into a legal system that created “The Black Butterfly.” Come share some love for the “tip of the South and the toe of the North,” hon! See details [HERE](#). Questions? Contact Sharyn (sesposito@uucsr.org, 516.472.2960).



Pride Month Movie Screening: *Eldorado: Everything the Nazis Hate*
Saturday, June 7 | 12:30–3:00 PM | RE Room 4

The LGBTQ+ Subcommittee of the Social Justice Committee of UUCSR welcomes you to join the Pride Month Movie Screening of *Eldorado: Everything the Nazis Hate*.

A glittery nightclub in 1920s Berlin becomes a haven for the queer community in this documentary exploring the freedoms lost amid Hitler's rise to power.

Light lunch at 12:30 PM before the movie screening, which is immediately following. No charge. Register [HERE](#). Registration requested to make arrangements. Questions? Please contact Committee Assistant Phinu Jose (pjose@uucsr.org or 516.472.2975).



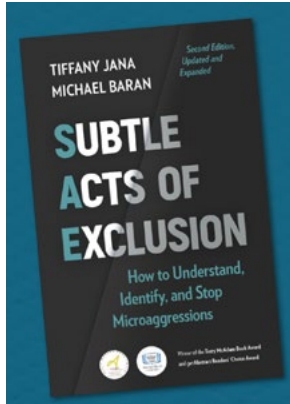
Walk in the Woods Guided Tour | Sunday, June 8
1:00 PM | Main Lobby

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

SPECIAL EVENT HIGHLIGHTS

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POSTPONED: *Subtle Acts of Exclusion: A Book Talk*
(will be rescheduled for the fall)

Co-sponsored by the UUCSR Social Justice Committee, and Racial Justice and Mental Health Sub-Committees of Social Justice. Questions? Contact Social Justice Coordinator, Sonia Arora at 516.472.2977 or sarora@uucsr.org. (See page 3 for more details.)

THE UUCSR SOCIAL JUSTICE COMMITTEE PRESENTS

A VITAL CONVERSATION ON HEALTHCARE JUSTICE

Led by Melanie D'Arrigo

In the Social Hall

Sunday, June 15

• 12:30 PM •

Join us for an urgent and enlightening live discussion with Melanie D'Arrigo, Executive Director of the Campaign for New York Health, as she sheds light on the escalating federal attacks on healthcare and what they mean for Long Islanders and communities across New York State. New York Health Act, a state-based solution that would guarantee universal, comprehensive healthcare for all New Yorkers—regardless of income, immigration status, or employment.

REGISTER HERE
uucsr.org/JusticeForHealth25



Community Safety Conference 2025 | Saturday, June 21

9:00 AM–5:00 PM | Art Gallery

LI United presents: 2025 Seeds of Change: Redefining Policing and Public Safety Conference, Special Speaker: Tamika Mallory

Long Island United is uniting organizers, advocates, legal experts and community members from around the state to re-ignite the movement. Seeds of Change seeks to uproot the deeply embedded systems that perpetuate harm and redefine what justice really looks like. **FREE Registration for UUCSR Members**, please register [HERE](#). Questions? Contact Social Justice Coordinator, Sonia Arora at 516.472.2977 or sarora@uucsr.org.

Co-sponsored by the Social Justice Committee and the Racial Justice and Mental Health Sub-Committees of Social Justice



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Questions? Contact Sonia Arora at
sarora@uucsr.org

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

THE UUCSR CARING COMMITTEE PRESENTS

SUMMER SELF CARE FAIR

Saturday, June 28, 2025 • 9:30 AM–3:30 PM • Veatch Ballroom

Gather at 9:30 AM • Begins at 10:00 AM • Ends at 3:30 PM

Sound Bath • Yoga Dance Party • Aromatherapy
Sensory Meditation
Smoothies in the morning • Light lunch in the afternoon

UUCSR Members: \$10 • Non-Members: \$15

Registration is necessary to ensure we have enough food and supplies.

Questions? Please reach out to:
Suzanne Viverito at suzviv13@gmail.com or 917.557.3247 or
Sharyn Esposito at sesposito@uucsr.org

REGISTER HERE

uucsr.org/SummerSelfCare25



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

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SPONSORED BY THE UUCSR MEN'S GROUP

END-OF-YEAR BARBECUE

Saturday, June 28, 2025 • 5–9 PM • Veatch House

Music by
**NEXT STOP
NEPTUNE**

Delicious BBQ Fare

Hamburgers, Veggie Burgers, Hot Dogs, Sausage, Salads, Chips, Ice Cream, and Cookies. Beverages include Beer, Wine, Soda, Coffee, and Tea.

Bring your family and enjoy fellowship, food, and live music.

\$25 for UUCSR Members
\$30 for Non-Members

Advance Registration Required

REGISTER/PAY ONLINE
uucsr.org/25bbq



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All welcome!

Questions? Contact Lex Jellema
ljellema@uucsr.org or 516.472.2920

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Women's Group Cordially
Invites All Paid Members to

Annual Meeting & Election Luncheon

SUNDAY, JUNE 29, 2025

12:30 PM—3:00 PM • Veatch Ballroom

Register online: uucsr.org/25WGLunch

THIS YEAR'S TOPIC:

UNDERSTANDING THE FOUNDERS' PRESIDENCY

"The executive Power shall be vested in a President of the United States of America."

Created by Article II of the Constitution, much of the power of the presidency can be found in the actions of those who have occupied the office. In this lecture, we will analyze the intent of the Framers and the text of the supreme law of the land regarding the chief executive.

NO CHARGE For Women's Group Members

\$15 Non-Membership Fee


**Advanced registration for ALL attendees and
non-member payments required by Thursday, June 26.
Walk-ins not permitted.**

Questions? Contact Lex at
516.472.2920 or ljellema@uucsr.org

Childcare available



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THE ORCHESTRA AT SHELTER ROCK PRESENTS ANNUAL SUMMER CONCERT 2025

Stephen Michael Smith, Music Director

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

Brian Jeffers, tenor, and Billy Huyler, baritone



BRIAN JEFFERS



BILLY HUYLER

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

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

**RECEPTION FOLLOWING CONCERT TO MEET THE ARTISTS ON THE
BEAUTIFUL GROUNDS OF THE FORMER GOLD COAST ESTATE**

REGISTER HERE
uucsr.org/25Summer



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

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

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

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

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

Small Group Ministry

led by Catherine Torrillo and Robert Penaskovic

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

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

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

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

Small Group Ministry

led by Iris McKenna

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

Mondays | 9:00 AM | via Zoom

Qigong for Balance and Self-Empowerment

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

First Mondays | 6:30–8:00 PM | Zoom

Small Group Ministry

led by Winterflower Robinson

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

Third Mondays | 10:00 AM | Via Zoom

Care for the Caregiver

Caron Hunter, a holistic health care provider and interfaith minister, leads sessions for those who care for spouses, parents, family members, and friends who are navigating the physical/emotional/mental challenges that caregiving brings. It is a confidential group for those who would welcome support. Please email info@turninginwardwithcaron.com for information.

Tuesdays | 9:30 AM | Art Gallery

Awaken Your Body, Ignite Your Spirit with Leyla Hoell

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

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

Gatherings with LGBTQ+ Friends

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

First and Third Tuesdays Monthly

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

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

Third Tuesdays | 10:30 AM | Via Zoom

Living with Cancer, led by Caron Hunter

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

ONGOING EVENT HIGHLIGHTS

Listed Sundays to Saturdays

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

Wednesdays | 2:00 PM | via Zoom

Wednesday Afternoon Conversation

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

Second Wednesdays | 11:15 AM–12:45 PM | Hadley House Community Room

Small Group Ministry led by Deborah Siegel and Lilyan Strassman

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

Company for Dinner | Second Wednesdays | 5:30 PM

Landmark Diner: 1027 Northern Blvd, Roslyn, NY 11576

The Mental Health Subcommittee of the Social Justice Committee invites you to: Company for Dinner

- no cooking • no cleanup
- just show up, enjoy dinner with company and pay your bill

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

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

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

Thursdays until July 3 and Wednesdays, July 9–August 27 | 6:15 PM Veatch Ballroom

Zazen Meditation—Inisfada Long Island Zen

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

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

Small Group Ministry led by Diana Wolfson

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

Fridays via Zoom | 12:00 PM

Great Books

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

Fridays | 11:00 AM | Hadley House

Medical Qigong for Senior Health led by Ashley Baldwin June 6, 13, 20, and 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! Classes include gentle movement and breathing exercises, which may be done standing or sitting, and are designed to help maintain quality of life as you age. Learn more and find registration information [HERE](#). Questions? Contact Jamie Walowitz (jwalowitz@uucsr.org, 516.472.2943).

Third Fridays | 3:30 PM

Women's Group Online Book Series Discussion

June 20: *Demon of Unrest* by Erik Larson, discussion led by Patti Paris. The #1 New York Times bestselling author of *The Splendid and the Vile* brings to life the pivotal five months between the election of Abraham Lincoln and the start of the Civil War—a slow-burning crisis that finally tore a deeply divided nation in two. Visit [HERE](#) for details or contact Lex Jellema to learn more (ljellema@uucsr.org or 516.472.2920).

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

Women's Group Online Film Discussion

June 20: *Nonnas*: After the loss of his mother, a man risks everything to honor her by opening an Italian restaurant with a group of local grandmothers as the chefs.

June 27: *Past Lives*: Nora and Hae Sung, two deeply connected childhood friends, are wrest apart after Nora's family emigrates from South Korea. Two decades later, they are reunited in New York for one fateful week as they confront notions of destiny, love, and the choices that make a life, in this heartrending modern romance.

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

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

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

Once Monthly Saturday | June 21, July 12, August 2, and

September 20 | 9:00 AM–6:00 PM | Veatch Ballroom

Zazenkai—Inisfada Long Island Zen All-Day Meditation

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

UNITARIAN UNIVERSALIST CONGREGATION AT SHELTER ROCK

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

Lead Minister and Minister of Lifespan Religious Education

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

Associate Minister for Congregational Life

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

Associate Minister for Member and Community Engagement

Rev. Israel Buffardi (ibuffardi@uucsr.org)

Congregation Operations Administrator

Adam Barshak (abarshak@uucsr.org)

Executive Director, Veatch Program

Joan Minieri (joan@veatch.org)

Music Director

Stephen Michael Smith (ssmith@uucsr.org)

Lifespan Religious Education Coordinator

Carson Jones (cjones@uucsr.org)

Social Justice Coordinator

Sonia Arora (sarora@uucsr.org)

Officers of the Congregation

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June 4, 2025

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Next Quest: Wednesday, June 18, 2025 | Deadline for Content: Tuesday, June 10, 2025

WE LOVE OUR NEIGHBORS

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OF COLOR

LGBTQ+

DIFFERENTLY ABLED

ANY AND ALL FAITHS

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