**Open Heartedness**

“Connection is why we’re here,” says author, researcher, and storyteller Brene Brown. Human beings are hard-wired to connect with one another and to find life’s meaning through relationships. What unravels connection, or prevents it from emerging in the first place, is when shame and fear prevent us from being open, authentic, and vulnerable.

Those stories we don’t want to tell because they’re about failure, or inadequacy, may be hiding behind a façade of failure-lessness—a façade of extreme competence. Sometimes people whom others would describe as incredibly competent or even gifted fear (perhaps in an un-admitted inner core) that others would dislike them if they only knew the “truth.” This deep-seated and hidden sense of shame can keep us from revealing our full selves to others.

The lack of authenticity at the heart of an unwillingness to be vulnerable is exactly what defeats the true human connections that make life meaningful.

Brown’s research says that the feeling of belonging and being loved is linked to a sense of worthiness—the feeling that one is worthy of love and belonging. This sense of worthiness arises when we’re able to tell the full story of who we are. Everyone makes mistakes. Everyone does and says things they later regret. It’s when we share the full story and discover that people love us anyway that we develop a sense of worthiness.

Telling our own story without editing out the less-impressive, the inept, and even the villainous parts takes courage. Opening up like that makes us vulnerable (to criticism, to rejection) and that’s where shame and fear can enter. Fear of criticism, fear of rejection, may make us want to edit out those less-than-rosy parts of our story.

Vulnerability may not be comfortable. It’s always a risk. Yet it’s what makes love and belonging possible.

* Touchstones continues on page 2
To be willing to extend love and compassion to others begins with being compassionate towards oneself. No one is perfect; perfection is too much to expect of anyone. The most meaningful and important connections in life begin with vulnerability and a lived and loving compassion. Vulnerability is, perhaps, an active form of compassion. To be gentle with one’s own flaws and to make that self-gentleness visible is an offer of gentleness and compassion to others.

It’s an offer of love and belonging, whatever the un-edited story may be. Vulnerability says: “Don’t be afraid of telling me about your authentic self. I can love the truth of you.”

This open-heartedness is a gift both to the one willing to be vulnerable and to the one invited into that open heart.

Here, in this loving religious community, maybe there be connection, meaning, and the generous company of open-hearted people.

With hope for the future,  
Rev. Jaye

**FOURTH FRIDAY at Shelter Rock**  
*Fourth Friday Celebrates Women’s History Month*  
**Friday, March 24 • 6:30 PM • Social Hall**

Come join us for the Fourth Friday event for March  
**Fourth Friday Celebrates Women’s History Month**

We gather as a community to Celebrate Women’s History Month with stories of women from Shelter Rock and LIVE music by Willow. Together with guests from the Economic Opportunity Commission (EOC) and Spinney Hill, we will have a simple meal of soup, salad, bread and pie. Childcare will be available.

Each person is encouraged to bring a story about a woman who is important in their life to share with others at their table.

Your registration will be very helpful for planning purposes. Register online at [uuscr.org/4thFriMarch](http://uuscr.org/4thFriMarch)

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**MINISTERIAL SEARCH COMMITTEE**  
Chris Hilke, Convener

**New Ministerial Search Committee Formed and Congregational Survey Sent**

A Ministerial Search Committee has been appointed by the Board of Trustees to identify a candidate for the position of Minister for Member and Community Engagement (a working title). This will be a contract ministry position. The new minister will join the other ministers as Rev. Jaye Brooks completes her four-year developmental ministry. The Search Committee hopes to welcome the new minister by early September.

A Congregational Survey was sent to members by e-mail on Sunday, March 12, 2023, or by US mail on Monday, March 13, 2023, for those who have opted for such. Please check your e-mail's Inbox or your postal mail box for the Survey. It is vital for the committee to hear which qualities members deem most valuable in a new ministerial candidate.

Please be prompt in filling out the Survey. Surveys are due back no later than Monday, March 27, 2023.

Along with Survey responses, congregants are encouraged to engage Search Committee members in conversation about their thoughts and hopes for the new minister.

Members of the Search Committee are: Riki Birk, Diane Cohen, Rev. Dr. Natalie Fenimore, Carol Garbarino, Convener Chris Hilke, Ursula Salamone, Jeffrey Shiff, and Jessica Vega.
**MILESTONES**

*We send sympathies to...* Farah Chandu and Paul Carbone following the death of Farah’s father, Ghulam Mohammed (G.M.) Chandu, who passed away on Saturday, February 25, 2023, at the age of 86. He is survived by his wife of 63 years, his son and daughter-in-law, daughter and son-in-law, four grandchildren and dozens of nieces and nephews around the world. Condolences may be sent to  
  
  Farah Chandu and Paul Carbone  
  229-11 67th Ave  
  Oakland Gardens, NY 11364  

*We extend condolences to...* the Winkler family as they mourn the death of Paul’s father, George Winkler, who passed away on March 7 in Austin, Texas at the age of 89. He is survived by his wife and family including Cynthia, Paul, and grandchildren Samantha and Sarah. Sympathies may be sent to:  
  
  The Winkler Family  
  157 Hillturn Lane  
  Roslyn Heights, NY 11577  

*We share the update on...* James Kle who had an automobile accident a few months ago. James is on the mend at the Emerge Nursing and Rehabilitation in Glen Cove, where he is working hard to get home and back at UUCSR with all of his friends and choir members. James would love phone calls (516.201.2976, ask to speak to James) or visitors.  
  
  Emerge Nursing and Rehabilitation at Glen Cove  
  2 Medical Plaza  
  Glen Cove, NY 11542  

**MEMBERSHIP COMMITTEE**

Jeff Shiff, Chair

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**NEWCOMERS PROGRAM**

*Inquirers* is an interactive series of short conversations about UUCSR and Unitarian Universalism designed specifically for visitors and newcomers. Inquirers helps to explain congregational life, connect newcomers with members and offer a grounding in Unitarian Universalist values.

Lunch is provided.

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**LIFE SAFETY LEADERSHIP TEAM (LSLT)**

Brigitte Mueller, Chair

Yes, there is yet another Team at UUCSR, one that is concerned about our safety. In view of the shootings at schools and religious institutions, that is a rather appropriate thing to concentrate on.

Our charge is to make suggestions for changes to the safety infrastructure and associated policies of the congregation. The Team consists of six members: Heather Carlson, George Frooks, Bill Kahn, Carol McHugh, Brigitte Mueller, chair, and Rich Paccione representing various committees and communities of the congregation.

We are carefully reviewing the pre-pandemic "Risk Assessment Report" conducted by ALICE Training Institute and have begun consciously looking around to see what is there and what is missing. We would like to ask all the members of the congregation to do the same and let us know what you found.

We are all in this together. There will ultimately be training for some, but a policy that is known only to a few select people is not very helpful. Everybody has to be aware of what we are trying to accomplish. We hope we can count on your cooperation.

Remember, *If you see something, say something.* Thank you.

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**Mar 19**  12:00-12:45  *Lifespan Faith Exploration with Carson Jones*

**Mar 26**  12:00-1:00  *Pastoral Care with Suzanne Viverito, Caring Chair*

**Apr 23**  12:00-1:30  *Social Justice and Expectations of Membership with Claire Deroche and a Minister also via Zoom*

**Apr 30**  10:00-10:45  *Music with Stephen Michael Smith*

Register at uucsr.org/inquirers
Notice of Congregational Meeting

Sunday, March 19, 2023 | 1:00 PM | Multiplatform Worship Room and Zoom webinar
Register HERE to participate via webinar.
UUCSR Members received a link to a full Congregational Meeting Packet via email on Thursday, March 9, 2023.

Agenda:
Opening Words and Chalice Lighting

I. Approval of Minutes of January 8, 2023 Meeting
II. Fiscal Year 2023/2024 Budget Preliminary Report
III. Crisis Grants Request
IV. Sustainable Land Management Statement
V. Revised Agreement for Rev. Dr. Natalie Fenimore to Reflect Lead Minister Position
VI. President’s Report

Good Of The Order
Closing Words

A Message From the President

It has been six months since the Sunday Café has been back to offering lunch after Sunday service since the pandemic shutdown. This year it has been organized by the Board of Trustees with some committees using the time during lunch to introduce their projects to the congregation. The meal can be used as a committee fundraiser if committee members want to donate the food served or else the proceeds collected will simply go toward the cost of the food ordered. Food can be cooked at UUCSR or bought locally and brought in cooked and ready to serve.

It has been a rewarding experience for all us who have worked together to get the meals served on Sunday afternoons. It is also clear that it is a very popular program at Shelter Rock because 50 to 70 people follow up their Worship Service with lunch every week. While some volunteers have stepped up to help during these many months, starting in April, we have a pretty blank calendar. We have begun to organize some members who have expressed an interest in cooking on their data base profiles, but we need a consistent flow of volunteers to keep this program going.

The sign-up sheet by the Social Hall gives individuals not connected to any particular committee a chance to volunteer for an hour or so on a Sunday of their choice. Unfortunately, very few members have taken advantage of that opportunity but we will continue to offer you all a chance to serve for the next few months in the hopes that we can continue to offer lunch to the congregation.

I understand that everyone’s time is valuable and many members just want to come to UUCSR on Sunday and enjoy the Service. I am asking those who have stayed afterwards and enjoyed the lunches over these six months to consider giving an hour of their time to help them continue. If you haven’t already responded to the data base profile request sent out last month and you enjoy cooking and/or planning meals, please check that box. Your help would be invaluable to the Sunday Café program that brings much needed community to our congregation.

On March 26, 2023, the last Sunday of March, Shelter Rock members and interested newcomers are invited to a congregation-wide, small group experience (both onsite and online) to reflect on the Veatch Program’s structure. Since the 1960s, this congregation has given substantial grants to nonprofit groups that serve good causes. It has been years since the congregation last considered the governance structure of this marvelous program.

On March 26, at the behest of the Board of Trustees, there’s an opportunity for meaningful conversation on the topic. Following Sunday Café lunch at noon, conversations will commence at 12:30 pm in the Social Hall. Online participants will receive an emailed link to participate upon registration.

Registration is encouraged (not required) HERE.
**Board Of Trustees Agendas**

**Tuesday, March 21, 2023**

7:00 PM   I. Opening Words: Ministers
7:05 PM   II. February 2023 Minutes: Toni Logue, Secretary
7:10 PM   III. Semi Annual OCIO Presentation: Peter Glennon, SEI
7:40 PM   IV. Finance Committee: Richard Bock, Chair
     • Program Budget Authority Discussion
8:10 PM   V. CY24 Board of Trustees Draft Budget: Adam Bashkar, COA
8:40 PM   VI. President’s Report: Jana North
     • March Congregational Meeting Recap
     • “Future Life Prize” Congregational Hearing Recap
     • Luncheon with the Veatch Board of Governors Recap
     • Sunday Café & Bagel Breakfast Update
9:00 PM   VII. Good of the Order: Jana North, President

**Thursday, March 23, 2023**

7:00 PM   I. Opening Words: Ministers
7:05 PM   II. Annual Legal Counsel Presentation: Domenique Moran, Farrell Fritz
     • Board Labor Relations Responsibilities
7:35 PM   III. Bylaws Committee: Diane Haney, Chair
     • Progress Update on Recommended Changes
7:55 PM   IV. Committee Policy Drafting Task Force: Ursula Salamone and Aimee Ripley
     • Progress Update
8:05 PM   V. Minister’s Report: Rev. Dr. Natalie Fenimore, Rev. Jaye Brooks, Rev. David Carl Olson, and Erol Delos Santos, Student Minister
     • Ministerial Search Update
     • CY24 Ministerial Student Update
     • Veatch Structure Task Force Update
     • Fourth Friday Update
     • Strategic Plan Update
8:45 PM   VI Member Resource Committee: Heather Carlson, Chair
9:00 PM   VII. Good of the Order: Jana North, President

**Community Supported Agriculture (CSA)**

Sponsored by the Green Sanctuary Committee

**Community Supported Agriculture (CSA) Shares Available**

Participation in a CSA means a connection to local food, farmers, and community through weekly organic vegetables and fruits delivered from your local farm to your local community. Join the Sang Lee Farm CSA at Shelter Rock and cut out the middle-man for a very special connection to the earth! For an introduction to Sang Lee’s CSA, learn more [HERE](#).

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**BOOKSTORE COMMITTEE**

Shanti Flot, Chair

**UUCSR Book Reviews**

Members of the Bookstore Committee have been regularly providing Quest readers with reviews of books that are available for purchase at the Bookstore. Kelly Lennon started off the new year with a review of the recent book by Supreme Court Justice Sonia Sotomayor.

We would especially like to highlight any Shelter Rock members who are published authors. Member-authors are invited to have a few copies of any of your work available in the Bookstore for fellow congregants. Bill Carmody wrote about his book, *The Three Rules of Marriage*, in the February 22, 2023 edition of *Quest*.

In this edition of *Quest*, Renée Silver has shared thoughts related to her book, *And Yet, I Still Loved France*.

The last two years have been very busy for me as I was involved in speaking with young people, mostly middle school and high school students, about my childhood experiences in Saarland, France and Switzerland, 1935–1945, just before and during World War II. More specifically, I spoke to young people at the Glen Cove Holocaust Memorial Center both via Zoom and in person.

Another ongoing project is “Names Not Numbers.” Currently, I am finishing a program called Project Witness organized by the UJA Federation of New York. Project Witness is a collaboration between high school students and Holocaust survivors. Together, the students and survivors explore the issues of loss and resilience, war, and trauma, during the Holocaust. This program will terminate in an event at the Tilles Center for the Performing Arts on April 26 with an art exhibit and a performance in which high school students reenact the stories of the Holocaust.

In the course of the last two years, I have spoken in person and via Zoom with numerous students in the New York area, as well as with students from as far away as Tennessee.

While describing some of the terrifying moments in my childhood, I ultimately have expressed gratitude and recognition that my parents, my little sister, and I were some of the survivors in Europe thanks to the generosity and courage of righteous gentiles.

The UUCSR Bookstore has copies of *And Yet, I Still Loved France*, co-authored by Connie Steiner and Renée.
Frequently Asked Questions About the Land Management Initiative

Since appointed by the Board of Trustees last year, the Land Management Leadership Team has been spreading the word about efforts to manage our 100-acre property in a sustainable way. While doing that outreach, the team has been responding to frequently asked questions, as follows:

- **How much property does UUCSR own?**

UUCSR owns about 100 acres, stretching from the building complex to the Long Island Expressway Service Road to the south. The campus of buildings encompasses 25 of those acres; the remaining 75 are undeveloped woodlands.

- **Why is this property unique?**

The properties adjacent to ours are the Greentree Foundation tract, the deRoulet land, and two golf courses. The combined open space of all these parcels is the largest remaining undeveloped area in Nassau County in private hands.

- **How can we nurture these natural resources to ensure their survival for future generations?**

The Green Sanctuary and Buildings and Grounds Committees have been working for many years to improve our land stewardship. They have learned how other institutions with large land holdings have sought to preserve and protect them. The Committees prepared the Landscape Management Plan, described in more detail below, to guide the effort to care for our land.

- **What is the Sustainable Land Management Statement, and what will be the Congregation's process for considering it?**

The Management Statement is an expression of the desire to preserve the unique natural resource that is UUCSR's entire 100-acre property. The Statement declares that future actions should seek to enhance that natural resource. The Board of Trustees set up the Land Management Leadership Team late last year to prepare the draft Statement and engage the Congregation in a discussion about it. The Congregation will vote on the Statement at the Congregational Meeting on March 19, 2023.

- **What is the Landscape Management Plan for the UUCSR property?**

The Landscape Management Plan, prepared by the environmental planning firm Nelson, Pope & Vorhees, dated February 25, 2022, is a roadmap for the future care of our 100-acre property. The planning document presents various ideas for environmental features to enhance and protect our land use. The overall goal has been to find ways toward a sustainable future whereby future generations can benefit from the beautiful landscape which has been enhanced by the Congregation's actions. The document is the result of a valuable process of collaboration with many members of the Congregation, especially the Green Sanctuary and Building and Grounds Committees.

- **What are the main recommendations of the Land Management Plan?**

The Plan contains 11 folios or chapters with subjects ranging from tree management and the Veatch House to stormwater management and education and youth ministry. The Plan includes design drawings for the recently completed construction project in the patio area between the Main Lobby and the Chapel. Also in the Plan, the second capital project, nearing completion, is the removal of invasive plants along the Great Lawn and the planting of native vegetation. Future projects include the creation of wildflower meadows along the perimeter of the Great Lawn and an upgrade of our on-site wastewater treatment system. The Plan proposes the hiring of a sustainable land management ecologist, a full-time staff person who would be responsible for managing all activities concerning the 100-acre property. Finally, the Plan proposes that the Congregation sell a conservation easement for all or part of the woodlands by working with the North Shore Land Alliance, a local land trust.

- **Where will money come from to pay for land management projects?**

The Sustainable Land Management Statement does not require the expenditure of any funds; it mandates that the Congregation consider environmental impacts when decisions are to be made about our landscape. When projects such as those proposed in the Landscape Management Plan are considered for inclusion in the capital or operating budgets, they will be subject to the regular budgetary process. The Statement sets a direction for the Congregation's land management program; how much can be spent on moving in that direction in any given year will be determined by the Congregation through the regular budget-approval process.

- **Why do we need a land management plan if we never had one before?**

Various aspects of care for our property have been neglected leading to property degradation. For example, our woodlands are stressed by invasive plant species that prevent the natural regeneration of the forest. Our septic system bleeds nitrogen compounds, potent groundwater pollutants. It also requires costly frequent pumping. In order to tackle needed projects, they first have to be identified and work proposals made. That is what the Land Management Plan does. It is a resource identifying projects and detailing what is needed to accomplish each task.

Submitted by Dana Gumb
for the Land Management Leadership Team
Welcome to several new ways to learn about programs and events at Shelter Rock!

On this page are highlighted special opportunities for both Shelter Rock members AND members of the community.

- Visit uucsr.org/calendar for additional event information including login or registration requirements, if necessary

OR

- Visit MYUUCSR Sign Ups on uucsr.org to sign up for programs and events

OR

- Download the UUCSR app from Apple App Store or Google Play Store to your smart phone for fast, complete calendar information, Online Directory, and more. Download "Church Center App (Planning Center)" and choose UUCSR for a quick link to all things underway at UUCSR!

AND

- You may soon follow articles written by UUCSR members and friends that are shared as blog content on uucsr.org. You’ll find two existing blogs by Green Sanctuary and Veatch Program with the addition of Social Justice, Denominational Affairs and Women’s Group blogs planned in the new website.
  - Green Sanctuary Articles
  - UU Veatch Program

Watch for expanded app offerings and a new UUCSR.org website. Questions, comments, and assistance navigating new options are available. Call 516.472.2980 or communications@uucsr.org.

Featured Events

Saturday, March 18, 2023, 6:00 PM
St. Patrick’s Day Celebration sponsored by UUCSR Men’s Group. Details and registration at uucsr.org/23stpats.

Sunday, March 19, 2023, 12:00 PM
Inquirers Newcomers Program, presenting Pastoral Care by Susanne Viverito, Caring Chair. Childcare available. Lunch will be served. Veatch Ballroom. Details and registration at uucsr.org/.

Thursday, March 23, 2023, 7:00 PM on Zoom
Community Safety and Parole Reform. Fourth and final session of Criminal Legal System Reform, Culture Wars and Simplified Narratives. Here They Go Again: How “Law and Order” Policies Have Nothing to do with Community Safety. Zoom program. Panel Moderator: Susan Gotttehrer, Director of the Nassau County Regional Office of the NY Civil Liberties Union. Speakers: Serena Ligouri, Executive Director, New Hour For Women and Children, LI; Elmer Flores, Long Island Organizer, Releasing Aging People In Prison Campaign; Caroline Hansen, Organizer, Long Island Social Justice Action Network; Laura Mullen, Anti-Trafficking Service Advocate, ECLI-VIBES. Co-Sponsored by the UUCSR Social Justice Committee, Nassau County Regional Office of the NY Civil Liberties Union, and LI United for Police reform and Community Safety. Register at uucsr.org/23CJR.

Thursday, March 23, 2023, 7:00 PM on Zoom
Tech ’n Talk hosted by UUCSR Men’s and Women’s Groups. Hear about the technology world of the UUA: Larry Stritof, UUA Director of IT Services via Zoom.

Game Night!
Fun for All Ages

Friday, March 24, 2023 • 6:00 PM

Saturday, March 25, 2023, 1:00 PM
The Common Read 2022-2023: Mistakes and Miracles led by Erol Delos Santos. Registration and details at uucsr.org/23cr

Sunday, March 26, 2023, 1-3 PM
Artists’ Reception: Nathanial LaNasa Exhibit, “Primary Colors”

Sunday, March 26, 2023, 2-4 PM
RE Family Fun Event: Let’s Bowl, RE! Registration and details at uucsr.org/23Bowl

Thursday, March 30, 2023
Deadline for registration for UU@UN International Spring Seminar to be held April 1–3, 2023 in Minneapolis in-person and online. The theme this year will be “Demilitarization and Abolition: Resist Policing and Empire”. Register for the Spring Seminar HERE.

Friday, March 31, 2023, 6:30 PM
LGBTQ+ Gathering. Topic: What do you remember about your old neighborhood. Led by Maryellen Pierce. Do you feel nostalgic about the good or ready to forget the bad? Zoom

Saturday, April 8, 2023, 1:00 PM
The Common Read 2022-2023: Mistakes and Miracles led by Erol Delos Santos. Registration and details at uucsr.org/23cr

Saturday, April 15, 2023
Deadline for sign-up for UUCSR onsite organic Community Garden participation. Details and registration at uucsr.org/23garden.

Sunday, April 16, 2023, 12 Noon
Blooming & Belonging Member Renewal Luncheon
We enter this new season (from March through May) in the Sankofa cycle by reflecting on what it means to come back to wonder. What does it mean to be open to a visioning of our lives, our work, or communities that isn’t bound up in the rules and the one way, but is open to encountering the holy in the ordinary and otherwise unexpected places? Come, let us worship and be renewed in awe together!

BLUU’s online worship services are Black Sacred Space in their entirety—by and for Black people, with the words and voices of Black folks across the diaspora—and we hope that Black UUs and Black UU-adjacent folks (who share our values) from far and wide will join us!

For our non-Black siblings in faith, please DO share this invitation with Black folks in your life and community. Getting the word out about BLUU’s gatherings and other programming is one powerful way of lending your support, and we deeply appreciate it!

For all of our services, feel free to come into our BLUU Zoom Room as early as 15 minutes before the start of the service to get settled, say, “Hello” to the folks who are already gathering, and listen to the music softly playing as we all prepare for our time together.