



Sandra Yens <office@uufh.org>

UUFH Happenings in a Flash!

Unitarian Universalist Fellowship of Huntington <info-uufh.org@shared1.ccsend.com>

Thu, Nov 6, 2025 at 1:03 PM

Reply-To: info@uufh.org

To: office@uufh.org



The Weekly Fellowship Flash

November 6, 2025

This Week's Service – 10:30 AM Sunday



Tecumseh Ceaser is a Wampum carver and Cultural Consultant from the Matinecock Turkey clan, Montaukett, and Unkechaug tribes. He currently serves as The Director of Education and Strategic Planning at Metoac Indigenous Collective and also serves as an advisor for the Global Indigenous Youth Caucus at the United Nations.

Join us in person or online.

[Click Here for Online Zoom Link to Sunday Service](#)

We Move Together, From Rev. Israel Buffardi

On Sunday I shared a moment from my own life: I was at my great-grandparents' grave with my kids when I noticed purple love grass edging the stone—a tough native that only shows its color when it's given room to grow tall. It didn't need permission; it needed space. That plain, stubborn lesson is the heart I'm carrying into our life together: not control, but tending; not perfection, but attention.



What looks unruly often turns out to be most resilient.

From there, the thread is simple even in a chaotic world: the universe tends toward chaos; our work is simpler and harder—cultivate love on purpose. Pay attention. Take care. Make sure no one has to move through it alone.

We're practicing that here in concrete ways. Along the front path, many of you—joined by local Girl Scouts—have been planting a small native bed we're calling the Welcome Garden. It isn't décor; it's a teacher. It invites us to learn what belongs here, to care for what is native and needed, and to let beauty arrive in its own honest shape.

Last Sunday we let our bodies learn the lesson. We held an emergency drill and treated it as practice in attention. We moved together at a calm pace, noticed who was near us so no one was alone, and formed small, natural clusters by the front path. I offered a simple sending: "The circle is not complete until everyone who wants to be here is here." We didn't speak a formal dedication that day. Without outdoor sound equipment, many would not have been able to participate—especially people who use hearing aids or who were gathered just inside the doors. Inclusion isn't a footnote; it's the blessing itself. We'll return to dedicate the garden when we can do it accessibly—ideally with our Girl Scout partners present. We'll share details once they're set.

Why name this now, in a week full of results and hot takes? Because headlines don't tend relationships, and outcomes don't care for neighborhoods. What we can actually live is a steady counter-practice:

- Attention is how gratitude learns to move. Notice what's alive and worthy of care, especially when the world feels brittle.
- Rewilding is a human practice. Stop mowing down what needs space to live—the messy feelings, the slow growth, the grief that has nowhere else to go.
- Interdependence is survival. "No one alone" is both a safety plan and a spiritual commitment.

Three simple ways to practice this week

1. Make space where you usually mow. Leave one patch of yard, one calendar slot, or one conversation with room for something alive to grow.
2. Trade control for care. When a situation feels messy, ask, "What does this actually need?" Then do that—gently and specifically.
3. Extend the circle. Check on someone. Save a seat at coffee hour. Move alongside a person at their pace. Small gestures carry real weight.

If you haven't yet, visit the Welcome Garden. Learn the name of one plant. Notice three living things. Take one slow breath with the living world and its wisdom. Leave a quiet intention for the next person who pauses there. Please don't pick or prune here; the lesson is attention, not control.

We'll keep becoming a community that learns by doing—not by keeping everything tidy, but by keeping what matters alive and growing.

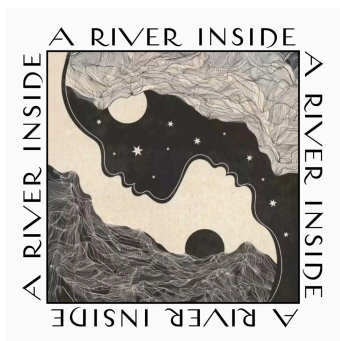
Here we are—awake, together. Let's keep tending what wants to live.

This Week's Events

Emmett Hughes Band

Friday, November 7 at 8 pm

UUFH member, Emmett Hughes, will be playing with his band on Friday, November 7 at 8 pm at Nostalgia, located at [380 N. Wantagh Avenue](#) in Bethpage, NY. Support live original music!



Maria Nielsen, UUFH Member, Singing with eVoco

Saturday, November 8 and Sunday, November 9

UUFH member, Maria Nielsen, will be performing this weekend at two concerts with the choral group eVoco, in Wantagh on Saturday night, November 8, and in Manhasset on Sunday afternoon, November 9. See Maria for information or get your tickets to "A River Inside" at www.evoco.vc.

UUFH Potluck - November

Sunday, November 9 after service

Buongiorno amici!

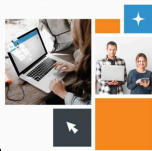
All things Italian is the theme for the month of November - please bring your favorite Italian entrees and sides. Examples are pasta dishes, eggplant parmesan and basically anything with garlic!

Please bring enough to serve 5 people.



Introducing Realm Connect!

- 🔍 Look up members in UUFH directory
- 👤 Update your personal information
- 💰 Give online - one time & recurring gifts
- 📄 View giving history & print giving statements
- 📝 Make & keep track of pledges
- 👥 Keep in touch with Groups that matter to you



Join the Realm Connect Online UUFH Community

Sunday, November 9 after service

This Sunday, after service, stop by the Realm Connect table in the art gallery to join the Realm Connect Online UUFH Community.

By joining Realm Connect you can:

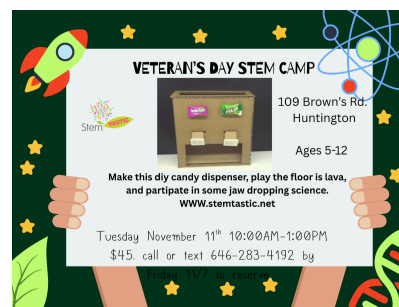
- Look up members in UUFH directory - New online directory
- Update your personal information - You are in control of your own information
- Give online-one-time & recurring gifts - Easy and secure online pledges and giving
- Make and keep track of pledges - Clear statements available anytime

Visit uufh.org/realm for more information. Stay tuned for your invitation!

Veteran's Day Stem Camp at Stemtastic

Tuesday, November 11 from 10 to 1 pm at UUFH

Denise, from Stemtastic, is having a program for children ages 5 to 12 at UUFH on Veteran's Day. Please see the flyer attached to this write-up for more information. \$45 per child. Please call or text 646-283-4192 by Friday, November 7 to reserve.



Upcoming Events



Opera Night, Long Island Friday, November 14 at 7:30 pm at UUFH

The November 14th program features exciting excerpts from popular operas such as Bellini's "Norma;" Puccini's "La Boheme;" Bizet's "Carmen;" Wagner's "Tannhauser;" Tchaikovsky's "Eugene Onegin;" Massenet's "Manon;" and Strauss' "Ariadne auf Naxos;" The musical theater excerpts are Sondheim's "A Funny Thing Happened on the Way to the Forum;" Bernstein's "Candide;" Fain / Webster's "Calamity Jane;" and Rodgers and Hammerstein's "Carousel."

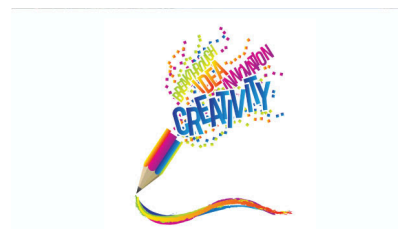
Pianist Kelly Horsted will perform Claude Debussy's "L'isle Joyeuse."

Doors open at 7:00 pm, and the program begins at 7:30 pm. There is a \$10.00 donation at the door, (students free).

For more information, visit www.operanight.org or email vivaldi222@aol.com.

Creativity as Spirituality Group Saturday, November 15 from 10 am - 12 pm

Calling everyone who loves creativity! This open multigenerational group (for anyone from age 10 to 110!) meets to both create and to discuss a monthly theme from 10 am to noon. Please email [Danielle Burby](mailto:Danielle.Burby) if you're interested in attending. It is a relaxed way to begin the weekend and have fun together.



UUFH Bingo Night Saturday, November 15 from 6 to 8 pm

You're invited to the first in a series of UUFH Bingo evenings starting Saturday, November 15 from 6 to 8 pm in the Social Hall.

Please stop by the UUFH welcome table for a flyer or see the flyer in this newsletter.

RSVPs appreciated (tdonalds2014@gmail.com or michele.lauer.bader@gmail.com), walk-ins welcome. Co-sponsored by Membership/Connections and Religious Education.

UUFH Bingo Night

Join Us for a Fun-Filled Evening

Date: November 15, 2025

Time: 6:00- 8:00 PM

Location: UUFH Social Hall



Get Ready to Shout

Gather your friends and family for an exciting night of bingo, laughter, and prizes! Whether you're a bingo pro or a first-time player, everyone is welcome. Bring a snack to share!

Don't Miss Out on the Fun!

Fun for all ages. Bring your lucky charm and join the excitement! Bingo cards are 50¢. Prizes awarded throughout the night.

For more information, contact:

Shelley Lauer-Bader michele.lauer.bader@gmail.com
or Terry Donaldson tdonalds2014@gmail.com

Mark your calendars and join us for a memorable Bingo Night!

Climate Circle

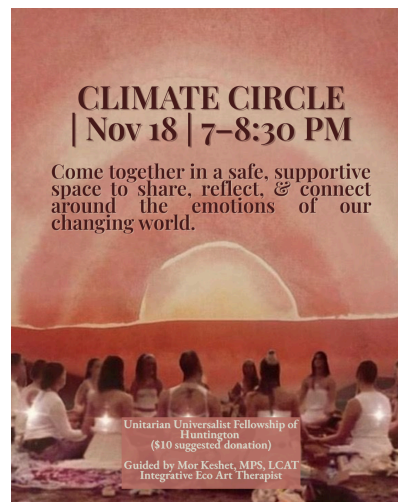
Tuesday, November 18 from 7 to 8:30 pm at UUFH

Mor Keshet, MPS, LCAT, from Integrative Eco Art Therapy, will be guiding the discussion.

Many people right now feel overwhelmed, agitated, or numb in the face of climate and ecological change. This evening offers something different - not a fix or a debate, but a chance to drop into authentic conversation and embodied reflection.

We'll gather in community to name what's real, connect with one another, and engage with the Climate Emotions Mandala, a creative practice for moving through difficult feelings with honesty and care.

Come as you are. Leave a little more resourced. (\$10 suggested donation.)
Event link here: <https://luma.com/u82mm23q>



UUFH Celebration of Life Services

Anita Carlson Nygren Celebration of Life

Saturday, November 15 from 1:30 to 4:30 pm

You are invited to join family and friends in celebrating the life of UUFH member, Anita Carlson Nygren. Anita's spirit will be remembered in words, music, and fellowship. Together, we will honor her kindness and enduring light. A reception will follow the service.

🌻 Her life was a gift; her memory a blessing. 🌻

Annabel Caner Celebration of Life

Sunday, November 23 at 2 pm

The UUFH congregation is invited to the celebration of life of UUFH member, Annabel Caner on Sunday, November 23 at 2 pm. A reception will follow the service.

UUFH was Annabel's home away from home; her life revolved around UUFH. UUFH was her community, her social life, her outlet for volunteering, music, and social justice. The Fellowship community brought her great joy.

Announcements

Little Red Wagon Food Emergency Request

The SNAP program is facing a major crisis due to the government shutdown, which is causing a halt in benefits for November. Please donate non-perishable items at UUFH to fill the Huntington food bank to help people whose benefits have been cut. Thank you!



Final Pumpkin Patch Report

We are happy to announce that our profit this year was \$13,102.

45,880 lbs of pumpkins were delivered in early and mid October and were unloaded by 68 volunteers.

6,439 large pumpkins
7 huge bins of medium size pumpkins
94 boxes of small pumpkins

We had 68 volunteers who ranged in age from 22 months to 91 years! Many worked multiple shifts with Mary Bly, Anne Monnier, Susan Peters and Nikki Willard volunteering at the super seller level (7 or more shifts).

Head Start, Community Food Council, Long Island Sanctuary, Long Island Cares, Tri Community & Youth Agency, Helping Hands Rescue Mission, and Raleigh's Poultry Farm gratefully accepted donations of our leftovers.

Thank you all for your time and enthusiasm and especially to the Pumpkin Queens; Debbie Cohen, Peggy Koulias, and Amy Olander.

Community residents come back each year, thank us for being here and rave about how long their pumpkins lasted the previous year.

Closing the Books on Fiscal Year 2024-2025

UUFH Treasurer, Allyson Barish, is pleased to share that UUFH finished the last fiscal year with a balanced budget. Thanks to everyone's support, the pledge total from the Stewardship drive was realized, ensuring funding for our work both within and beyond our walls. Our fundraising efforts exceeded expectations and helped offset periods when some building rentals were vacant - these spaces are now fully occupied.

Additionally, some expenses were lower than anticipated, allowing us to end the year with a \$25,858 surplus. This amount will be added to our unrestricted reserves, which are especially important given the age of our building (over 100 years old!). These reserves enable us to address unexpected emergencies promptly, as we did when the Main Hall skylights needed urgent repairs.

For more details, please refer to the financial statement available in the Members-Only section of the [UUFH website](#).

Check the UUFH Website!

Be sure to check the [UUFH website](#) for the latest information, including the Board of Trustees' monthly minutes (for members only).

UUFH Office Hours for Next Week - November 10 - 14

The UUFH Office will be open on Wednesday, Thursday, and Friday for next week. The UUFH office will be closed on Tuesday, November 11 for Veteran's Day. Please call 631-427-9547 or email office@uufh.org if you have any questions.

View Previous Services on YouTube

You can always find the last four services [on our website](#), or, please subscribe to [our YouTube channel](#)!

[View the November 2, 2025 Service:](#)



November Split Plate



Family Diversity Project

Family Diversity Projects is a non-profit organization devoted to helping eliminate prejudice, stereotyping, bullying, and harassment of people who are discriminated against due to sexual

orientation, gender, gender identity, race, national origin, religion, and disabilities of all kinds. They tell the stories of real people presented in eight award-winning traveling photo-text exhibits — including Love Makes a Family, Building Bridges, Of Many Colors, Authentic Selves, In Our Family, The Road to Freedom, Nothing to Hide, and We Have Faith. These shows have toured communities nationwide including schools, universities, and many other institutions. All money collected helps to keep the exhibit going, which is imperative with our current political climate.

Please also visit the exhibit in the UUFH Art Gallery beginning November 1.

To learn more about our Split Plate program, visit <https://www.uufh.org/faith-in-action/in-the-community/split-plate/>

Contacts

STAFF EMAILS

Rev. Israel Buffardi, Minister - minister@uufh.org

Dylan DeFeo, Music Director - music@uufh.org

Sandra Yens, Office Director/Religious Education Coordinator - office@uufh.org

Visit our Website



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