



UNITARIAN
UNIVERSALIST
Congregation
at
Shelter Rock

the shelter rock center
for spiritual growth

Adult Programs
Fall 2011

the shelter rock center for *SPIRITUAL GROWTH*

Adult Programs Winter-Spring 2011

Ministers:

Reverend Margaret Corletti, *Interim Minister of Religious Education*

Reverend Dr. Paul S. Johnson, *Senior Minister*

Reverend Jennifer L. Brower, *Minister for Pastoral Care*

Staff:

Bonnie Mykel, Director of Religious Education

Sharyn Esposito, Staff Liaison

Adult Programs Committee:

Jean Judd, Chair

Dorothy Andrews

Phyllis Borsky

Angela Cesa

Charlotte Fleisher

Sandra Frank

Frances Hettinger

Craig Jennings

Herb Klitzner

Robert J. Nuxoll

Roslyn and Victor Weit

Carol Adams, Liaison from Board of Trustees

“call the world, if you please, the vale of soul-making,” wrote poet John Keats. We’re here to learn. The ultimate goal of learning is the cultivation of our souls, the discernment of our gifts, the unfolding of our powers and capacities as human beings.

There is no point to learning unless we are capable of development. Our bodies may stop growing, but our spiritual development can continue throughout our entire lifetime. As adults we need to make a deliberate choice to continue to learn and grow. We need to become active learners, not just passive ones. Active learners, those who exercise their powers of self-searching and self-formation, of introspection and agency, are engaged in the process of soul-making as Keats describes it.

There are, of course, many avenues in which this process may be pursued here at Shelter Rock,

including worship, congregational leadership, small group ministries and social action. What the Adult Programs Committee offers are classes, workshops and other kinds of programs more intentionally designed to foster this aim.

In particular, our offerings correspond to the four-fold model we have adopted for our lifespan religious education program, combining religious identity with spiritual growth. We have identified four strands or areas of faith development: our Unitarian Universalist history and heritage, ethics and social justice, personal exploration and growth, and spiritual practice and the cultivation of the soul. These offerings are described on the following pages. We welcome your participation and encourage you to register for the programs that interest you. Please fill out and return the form that is printed in this brochure. If you have questions, comments or suggestions, do not hesitate to contact us.

—The Adult Programs Committee



PROGRaMS

GROUP MEDITATION

Group Meditation is an offshoot of the Mindfulness Meditation workshop led by Craig Hirshberg at Shelter Rock in spring of 2011. Group Meditation is an informal, self-led group, evolving in form, that practices different kinds of meditation, including: Insight, Mindful, Guided and Buddhist. Participants are encouraged to bring spiritual and insightful readings as well as appropriate meditation music (CDs) to share with the group. All who are interested in practicing group meditation are welcome.

Aileen Cox, Shelter Rock member, is the facilitator. Call her at 516-466-5851 with questions. To register call extension 160 in the office.

Wednesdays, Sep. 14, Oct. 12, Nov. 9, Dec. 14, Jan. 11, Feb. 8, Mar. 14, Apr. 11, May 9, June 13, 7:00 to 9:00 pm in the Veatch Terrace Room

AN EVENING OF THEATER VIGNETTES

Senior Theatre Acting Repertory (STAR) is a group of young at heart seniors who have been bringing award winning drama, comedy, and song to

audiences for over twenty five years, often to people who would not otherwise be exposed to live theatrical performances. They present scenes from well-known plays as well as original works.

Ronnie Arond, Shelter Rock member, is a charter member of STAR and its Program Coordinator.

Friday, Sept. 23, 7:30 to 9:30 pm in the Art Gallery. Suggested donation \$5 members, \$7 non-members.

BOOK DISCUSSION

The Rev. Dr. Paul S. Johnson, Senior Minister at Shelter Rock, invites you to read and discuss *How God Changes Your Brain: Breakthrough Findings from a Leading Neuroscientist*, by Andrew Newberg and Mark Waldman, neuroscientists at the University of Pennsylvania's Center of Spirituality and the Mind. Their work empirically demonstrates by means of brain imaging how spiritual practices yield better health and general well-being.

Sunday, Sep. 25, 1:00 to 2:30 pm. in the Veatch Conference Room for the discussion. Register with Sharyn and purchase the book from her for \$12.

*to GROW HIGHER, DEEPER, WIDER, as the years GO ON; to CONQUER DIFFICULTIES,
AND ACQUIRE MORE AND MORE POWER; to feel ALL ONE'S FACULTIES UNFOLDING, AND TRUTH
DESCENDING INTO THE SOUL— THIS makes Life WORTH LIVING.*

—James Freeman Clarke

19TH CENTURY, UNITARIAN MINISTER

OUR MISSION OF PHILANTHROPY: AN ORIENTATION TO OUR VEATCH AND LARGE GRANTS PROGRAM

Because each year the Unitarian Universalist Congregation at Shelter Rock gives away about 70 cents of every dollar in its annual budget, each member of the congregation is a philanthropist. Each member has a chance to participate in this grantmaking process. How are grantmaking decisions made? Who receives these grants? What outcomes are we hoping to achieve through our philanthropy?

Ned Wight, Executive Director of the UU Veatch Program at Shelter Rock, will lead this two-session orientation to our congregation's grantmaking programs. Register in advance at extension 160.

Both sessions take place on Sunday afternoons from 1:00 to 3:00 pm in the Office Conference Room.

Sept. 25: Values, Mission, Strategies and Goals: brief history, key concepts, exploration of our mission, strategic goals, and theory of social change.

Oct. 16: Nuts and Bolts of Grantmaking: overview of how our grantmaking programs are organized and staffed, and how decisions are made.

GREAT BOOKS DISCUSSIONS: GREAT CONVERSATIONS 3

This volume from the Great Books Foundation contains topical readings from internationally acclaimed thinkers and writers that will be the subjects of our discussions on Sundays, 9:00 to 10:30 am in RE Room 15.

Oct. 2: *The Garden of Forking Paths* ~

Jorge Luis Borges

Oct. 16: Introduction to *The Second Sex* ~

Simone de Beauvoir

Oct. 23: *An Interest in Life* ~ Grace Paley

Oct. 30: Selected Poems ~ Wislawa Szymborska:

The End and the Beginning

Hatred

Reality Demands

Nov. 6: *The Body of the Condemned (from Discipline and Punish)* ~ Michael Foucault

Nov. 13: *Interpreter of Maladies* ~ Jhumpa Lahiri

Nov. 20: *The Prince* ~ Niccolo Machiavelli

The Rev. Dr. Paul S. Johnson, Senior Minister at Shelter Rock, leads the group. Books are available in the office for our cost, \$27.

THE NECESSITY OF VIRTUE

The Rev. Dr. Galen Guengerich, Senior Minister of All Souls Unitarian Church in NYC, presented this program at General Assembly in 2010. In his description he wrote "What is your ethical basis for deciding what to do and how to live? How do you determine what you ought to do? The two most popular answers look either to commandments or to outcomes. Neither satisfies: divine commands are human ideas projected onto the divine, and the greatest good for the greatest number can trample the needs of a few. A more promising answer suggests we do what an ethical person—someone who has fulfilled his or her distinctive potential—would do. The key to happiness, Aristotle insists, is virtue: the state of character in which we fulfill our potential by living as human beings ought to live. In religious terms, this path leads to salvation not by grace or by faith, but to salvation by character."

We will view the DVDs together, one virtue at a time, followed by a discussion led by a member of the group on a rotating basis. Register with the office at extension 160. **Sandra Frank**, coordinator, may be reached at 516-830-0561.

Mondays: Oct. 3, Nov. 14, Dec. 5, Jan 9, Feb. 6, Mar. 5, Apr. 2, May 7, 7:30 to 9:30 pm in the Art Gallery.

THE HISTORICAL JESUS

In this course we will examine the life of Jesus from a historical perspective. At each session we will view and discuss DVDs of one or two lectures delivered by Professor Bart D. Ehrman, Ph.D. Presenters are Rev. Dr. Paul S. Johnson and Shelter Rock member Bob Nuxoll. The course is divided into three parts: Historiographical Methodology, The Life of Jesus, and the Evaluation of the study in terms relevant to each participant in the 21st Century. Classes meet on Wednesdays from 7:30 to 9:30 pm in the Art Gallery. Lecture topics and dates are as follows:

Oct. 5: Introduction to the course and lecture *The Many Faces of Jesus*

Oct. 12: *One Remarkable Life and Scholars Look at the Gospels*

Oct. 19: *Fact & Fiction in the Gospels* and *The Birth of the Gospels*

Oct. 26: *Some of the Other Gospels and The Coptic Gospel of Thomas*

Nov. 2: *Other Sources and Historical Criteria—Getting Back to Jesus*

Nov. 9: More Historical Criteria and discussion of this historical approach versus a faith approach to examining Jesus' life. This will be the opportunity for participants to examine the methodology or

historiography the group will be using in examining Christ's life by logic and objective evidence.

Nov. 16: *The Early Life of Jesus* and *Jesus in His Context*

Jan. 11, 2012: *Jesus and Roman Rule* and *Jesus the Apocalyptic Prophet*

Jan. 18: *The Apocalyptic Teachings of Jesus* and *Other Teachings of Jesus in their Apocalyptic Context*

Jan. 25: *The Deeds of Jesus in their Apocalyptic Context* and discussion of the group's reactions to the idea of Jesus as a primarily apocalyptic character.

Feb. 1: *Still Other Words and Deeds of Jesus* and *The Controversies of Jesus*

Feb. 8: *The Last Days of Jesus* and *The Last Hours of Jesus*

Feb. 15: *The Death and Resurrection of Jesus* and *The Afterlife of Jesus*

Feb. 22: Lecture 24 Evaluation of the program and discussion of who each individual thinks Jesus really was and how these ideas relate to religion in this century, especially in the United States. Finally a discussion of how each participant internalized these ideas and how the course affected each participant's spiritual life.

Bart D. Ehrman, Ph.D., lecturer, is the Bowman and Gordon Gray Professor of Religious Studies of the University of North Carolina at Chapel Hill. His Ph.D. and M.Div. are from Princeton University. Dr. Ehrman has garnered numerous awards and has authored eight respected books on early Christianity.

Rev. Dr. Paul S. Johnson, presenter, received his M.A. and D. Min. and D.D. from Meadville

Lombard Theological School and an M.S. from Mankato State University. He is currently the Senior Minister at Shelter Rock.

Robert J. Nuxoll, presenter and Shelter Rock member, received his M.A. from St. John's University and has taught mostly Advanced Placement courses in European and World History at Oceanside High School for 35 years. He has won numerous awards and fellowships including teachers' Fulbright Scholarships to the Netherlands and Egypt. In 2002 he was named "Outstanding teacher of A.P. World History in the Middle States" by the College Board.

FARSI (PERSIAN) LANGUAGE AND CULTURE

Beginners are welcome (Khushamadied). Salaam (Hello). Learn to speak Farsi through an easy modern technique and understand today's Farsi spoken by Afghans and Iranians. Farsi grammar is remarkably easy: no gender, no irregularities in verbal conjugation. In this class we will discuss history, culture, food, Persian art, crafts, poetry, and more.

Latifa Woodhouse, Shelter Rock member, is the instructor. She is a Fulbright Scholar from Afghanistan with Masters Degrees in English as a Second Language and Student Counseling. She is a licensed ESL teacher and a licensed guidance counselor in the New York City High Schools. Her native languages are Farsi and Pashtu.

Wednesdays: Oct. 5, 12, 19, 26; Nov. 2, 9, 16, 7:30 to 9:30 pm. in RE Room 15. Suggested donation \$35 members, \$40 non-members, in advance for the entire series of seven classes. Register in the office at extension 160.

EVENING CHESS FOR ALL AGES

Want to play? You may have observed Wayne Steele coaching increasing numbers of people of all ages at this game on Sunday mornings in the Social Hall. As a result of this demonstrated interest, the Religious Education and Adult Programs committees are now cosponsoring evening chess lessons with Wayne.

Wayne Steele, Shelter Rock member, firmly believes that playing chess develops strong mental skills. He believes players can apply their creative chess intelligence to solve problems in schools, at home, on the job, and in communities.

Thursdays, Oct. 6 through June 28, with the exception of Thanksgiving day: 7:30 to 9:30 pm in RE Room 15. Bring your own game boards and pieces or use those provided here.

TAI CHI EASY

Tai Chi is a series of graceful, centering movements which when practiced regularly strengthens the body, calms and sharpens the mind, and lifts the spirit. Tai Chi Easy is a carefully developed approach that makes the practice more accessible and more conducive for learning and eventually practicing on one's own. Tai Chi Easy uses only 5 essential movements instead of the traditional 24 or 48 movements, so learning is easier and more beneficial right from the beginning. The class is appropriate for people of all fitness levels as the moves are gentle and easily adaptable.

Fern Cameron, D.C., is the leader. She is a holistic chiropractor who says teaching Tai Chi this way is in perfect alignment with her chiropractic philosophy—that healing takes place through the integration of body, mind and spirit.

Fridays: Oct. 7, 14, 21, 28; Nov. 4, 11, 18; Dec 2, 9, 16; 10:30 to 11:45 am in the Veatch Ballroom. Suggested donation \$100 members, \$120 non-members in advance for the entire series of 10 classes. Maximum number of participants 20. First come, first served, so register early at extension 160.

DRAMATIC READINGS

Join us in our continuing venture in reading plays, some old, some new, comedy, drama, farce. Copies are distributed and parts assigned at the event so no need for preparation. After the reading we discuss the play, author, relevance, interpretation. If you don't want to be an actor, come anyway to share in the discussion. Play titles are announced in *The Quest*. Facilitators are members of the Adult Programs Committee.

Saturdays: Oct. 15, Nov. 12, Jan. 14, Feb. 11, Mar. 10, Apr. 14, May 5, 5:00 to 10:00 pm in the Art Gallery. Suggested donation of \$10 per person per session includes a light dinner and beverages. If you bring food to share, the suggested donation is \$5. Registration at ext. 160 in the office is required so we can provide the correct number of plays and plan enough food for everyone. Maximum number of participants is 20.

THE EMERSON CIRCLE AT SHELTER ROCK

The Emerson Circle at Shelter Rock is a group devoted to Emerson, his writings, and his relationships and relevance to other thinkers, writers, poets, and scientists of the 19th Century and even of the 20th Century. Our aim is to produce an evolution of personal thought in each of us, which we can express and share in a group setting. In this way, also, we see each other more deeply. The group meets

monthly for reading, discussion, and group activities. New members are welcome at any time.

At some monthly meetings, we read Emerson's essays and poems directly and intensively, going around the circle. Superimposed are comments, questions, and discussion, from every direction of interest represented in the group, both laudatory and critical.

Examples of previous essays we discussed in the past year or two are *The Over-Soul, Compensation, Experience, and Self-Reliance*. We are likely to revisit at least some of these. Other possibilities for essays to read are *Nature, The Poet, and Circles*.

In other months, we consider Emerson in relationship to contemporary or later literary figures and movements. This year we are exploring and discussing several topics in the following areas:

Emerson and the American Left

Emerson, England, and the Continent

Emerson, Dewey, and the Impact of Evolution

The group is self-led, with active participants taking turns choosing topics and leading each session. Register with the office at extension 160. There are nine regular monthly sessions, plus possible special events. Read *The Quest* to keep current. **Herb Klitzner** is the person to call with any questions, at 718-830-0561. He can also give you information about further readings and other group materials available on web resources.

Mondays: Oct. 17, Nov. 7, Dec. 12, Jan. 9, Feb. 13, Mar. 12, Apr. 9, May 14, June 11, 7:30 to 9:30 pm in RE Wing Room 19.

ABRAHAM'S CHILDREN

"Abraham's Children" is a 45-minute video

produced through the cooperation of ICLI (Islamic Center of Long Island), et al. and distributed locally by the Long Island Chapter of TIA (The Interfaith Alliance). It is a documentary showing the lives of several quite typical Muslim Long Island middle school and high school students. It follows them through their activities and discusses the problems faced as well as how well most fit into their neighborhoods. The showing will be followed by a Q & A with several of the producers, directors and the families of the students. ICLI and TIA will provide panelists to lead a general discussion following the Q & A.

Robert J. Nuxoll, facilitator, Shelter Rock member and retired history teacher at Oceanside High School, is a member of TIA of LI and the President of AU of LI (Americans United for the Separation of Church and State).

Monday, Oct. 17, 7:30 to 9:30 pm in the Art Gallery.

FALL FILM SERIES

The Rev. Dr. Paul S. Johnson, Senior Minister at Shelter Rock, is once again offering a fall film series. The films deal with a common theme such as relationships, families, ethical or moral issues. Each showing will be followed by a discussion facilitated by Rev. Johnson. Be sure to read *The Quest* for details about the films.

Fridays: Oct. 21, 28; Nov. 18; Dec. 2, 7:30 to 9:30 pm in the Chapel.

SPIRITUAL MASTERS, MENTAL HEALTH AND MEDICATION

What have great spiritual masters taught about anxiety and depression, and how does this fit with

our recent knowledge about the biological causes and treatments of these problems? We will examine the teachings of Ecclesiastes, the Buddha, Jesus, Emerson, Whitman, other poets, and Buber. The central issue would be how to combine our concepts of the cause and amelioration of mental suffering offered by spiritual masters with our biological knowledge which approaches the matter from an objective, nonintentional view.

Arthur Rifkin, MD, is a semi-retired psychiatrist with a part-time private practice. His career has been in clinical work, research and teaching, as a faculty member of the College of Physicians and Surgeons, Columbia University, the Mount Sinai School of Medicine, the Albert Einstein School of Medicine, and recently the new Hofstra University School of Medicine. His research has centered on the drug treatment of mood disorders, anxiety disorders and schizophrenia.

Mondays, Oct. 24, Nov. 28, Jan. 23, Feb. 27, 7:30 to 9:30 pm in RE Room 19.

IMMIGRATION AS A MORAL ISSUE

Supporting human rights for all people, especially those most vulnerable, is a core Unitarian Universalist value. The Unitarian Universalist Association (UUA) has a long history of support for migrant workers, refugees, and other displaced peoples.

Our current immigration system is broken. Approximately eleven million undocumented immigrants are living and working within U.S. borders without a path to citizenship. And our focus on enforcement-only policies has led to needless suffering, human rights abuses and even death.

Delegates at the 2010 General Assembly in Minneapolis, MN, selected "Immigration as a Moral Issue" to be the 2010-2014 Congregational Study/Action Issue (CSAI) of the Unitarian Universalist Association of Congregations.

In this six session study, we will look at the many aspects of this complex issue. We will also read and comment on the current Congregational Study/Action Issue on Immigration.

Claire Deroche, Social Justice Coordinator at Shelter Rock, and **Carol McHugh**, Shelter Rock member, are the co-facilitators.

Tuesdays, 7:30 to 9:30 pm in the Art Gallery:

October 25: Understanding the Causes of Migration

November 29: History of Immigration in the US

January 31: Economics of (Im)migration

February 28: Security, Enforcement and Human Rights

March 27: Who Benefits from a Broken System?

April 24: Seeking Solutions

FINDING YOUR PLACE: AN INTRODUCTION TO UNITARIAN UNIVERSALISM

This program is a helpful introduction to the unique Unitarian Universalist way of being religious and to some of the people and customs of this particular congregation. UU history, theology and polity will be discussed, as well as expectations of members of this congregation. We will engage in some creative interactive activities.

Participants will have a chance to talk with the ministers, meet some of the key lay leaders of the congregation and learn about the breadth of

programs here at UUCSR. A tour of the building, a wonderful lunch and lots of opportunities to ask questions will round out the day.

Reverends Paul Johnson, Jennifer Brower and Margaret Corletti along with lay leaders of the congregation lead the class. Cosponsored by the ministers and the Membership Committee.

Saturday, Oct. 29, 8:30 am to 2:00 pm. The group moves around the complex throughout the day but begins in the Art Gallery with a light breakfast at 8:30 am. Call Ben Bortin, Membership Coordinator, on extension 134 to register in advance and to request childcare.

UNITARIAN UNIVERSALISM THEN & NOW

Unitarian Universalists are the inheritors of a significant religious heritage. This presentation will deal with the historical development, principles, and mission of our religious movement and of our own congregation. The program is designed for newcomers as well as long-term members.

The Rev. Dr. Paul S. Johnson, presenter, is the Senior Minister at Shelter Rock

Saturday, Jan. 7, 9:00 am to 2:00 pm in the Art Gallery. Coffee and bagels will be provided at 8:30 am. Bring a bag lunch and we will provide beverages. Register at extension 160.

ON-GOING PROGRAMS

SOULFUL SUNDOWN

Soulful Sundown is a community event held on the second Friday of each month, Oct. through May. The evening includes a light communal meal at a low cost served from 6:30 to 7:15 pm, worship for all ages from 7:15 to 8:00 pm, and programs and activities for all ages from 8:15 to 10:00 pm. Child care is provided for infants and toddlers. The worship service is informal, multigenerational, and offers a wide selection of contemporary live music. There are readings and meditations but no sermon. Sponsored by the ministers. Registration not required.

YOGA

Jennifer Hall, a professional yoga teacher, continues to lead these classes in Room 19 of the RE Wing. Park behind the far left side of the building and use the Chapel entrance.

Saturdays: Series 1~ Sep. 10, 17, 24; Oct. 1, 8. Series 2~ Oct. 15, 22, 29; Nov.12, 19. Series 3 ~Dec. 3, 10, 17 (only 3 sessions due to holidays), 11:00 am to 12:00 pm in RE Room 18. A suggested donation in advance of \$50 for series 1 and series 2, \$30 for series 3 is required. If a minimum of six people do not

register (ext. 160) and pay in advance for any given series, that series will be cancelled. Anyone who chooses to attend an individual session will be asked to donate \$12.

REIKI HEALING CIRCLE

An ancient Tibetan hands-on healing technique, Reiki taps into the universal life energy and into one's own healing powers. Reiki is gentle, relaxing, non-invasive and non-manipulative. Newcomers are welcome at any time.

Sundays: Oct. 2, Nov. 6, Dec. 4 Jan. 8, 1:00 to 2:30 pm, usually in Room 15 of the RE Wing. Check *The Quest* calendar. Suggested donation \$5 members, \$7 non-members. Register at extension 160.

COFFEE & CONVERSATION

This is a lively discussion group that meets once a month before services and is open to all members and friends. Topics are gleaned from current issues and happenings and are announced in *The Quest* prior to each meeting. Come if you enjoy spicy talk with tasty food or just spicy talk.

OUR OWN CULTURE—the UNFOLDING of OUR NATURE—is OUR CHIEF END. a DIVINE impulse at the CORE of OUR BEING impels us to THIS. CULTURE DOES NOT CONSIST IN POLISHING AND VARNISHING, BUT IN SO PRESENTING THE ATTRACTIONS of NATURE THAT OUR SLUMBERING attributes may BURST THEIR SLEEP AND RUSH INTO the Day.

– Ralph Waldo Emerson

Ethel Hurvitz, Shelter Rock member, has coordinated this group for many years.

Third Sundays: Sep. 18, Oct. 16, Nov. 20, Dec. 18, Jan. 15, 9:00 to 10:30 am in the Staff Lunchroom. You are asked to donate \$1 for refreshments at each meeting. Advance registration not required.

The following four listings describe programs sponsored by or cosponsored with the Membership Committee. The contact person for registration and information is Ben Bortin, Membership Coordinator, bbortin@uucsr.org, 516-627-6560, ext. 134.

BEGINNING BRIDGE CLASS

Paul Drezner, Shelter Rock member, will teach another series of bridge classes to beginners on Wednesdays, Sept. 21 through Dec. 14, 10:15 am to noon, in the Art Gallery. Please register with Ben Bortin (see above). **(If you are already skilled at bridge, see “BRIDGE FOR PLAYERS” below.)**

BRIDGE FOR PLAYERS

Anyone who knows how to play bridge and wants to join a table can do so in the Art Gallery on Fridays from 1:00 to 3:00 pm. This is not a class and it is not for beginners. There is no instructor. Just show up and play.

SHELTER ROCK SINGLES GROUP

This is an opportunity for single adults to discuss relationship issues in a supportive atmosphere. The group will meet Thursday, Sept. 22, with guest facilitator Irwin Pfeffor. Thereafter, meetings will take place Fridays, Oct. 14, Nov. 18, and Dec. 16. All meetings will begin at 7:30 pm in the Veatch Ballroom. Please call Ben Bortin (516-627-6560,

x134) in advance, in the event of scheduling variations. The public is invited to participate. Admission is \$10 Refreshments are provided.

EXPEDITIONS TO MUSEUMS, RESTAURANTS, CONCERTS, PARKS

From time to time during the congregational year, there are outings to museums, parks and concerts. All members and guests of the congregation are welcome to participate. As well, the “lunch bunch” meets monthly at area restaurants, usually on fourth Thursdays at 1:00 pm, and all members and friends of Shelter Rock are invited. Each person pays for his or her own lunch. See announcements in *The Quest*.

SMALL GROUP MINISTRY

A way to “work” on your spiritual life that isn’t work, Small Group Ministry is a gathering of no more than 12 people who meet at the same time each month to discuss topics that are often not discussed—anger, belief, fear, faith. This ministry allows participants the opportunity to explore their personal beliefs, to get to know one another and to share their individual spiritual journeys with each other—it’s that simple. There are no other agendas, no homework, nothing to do but show up and give yourself the gift of two hours each month.

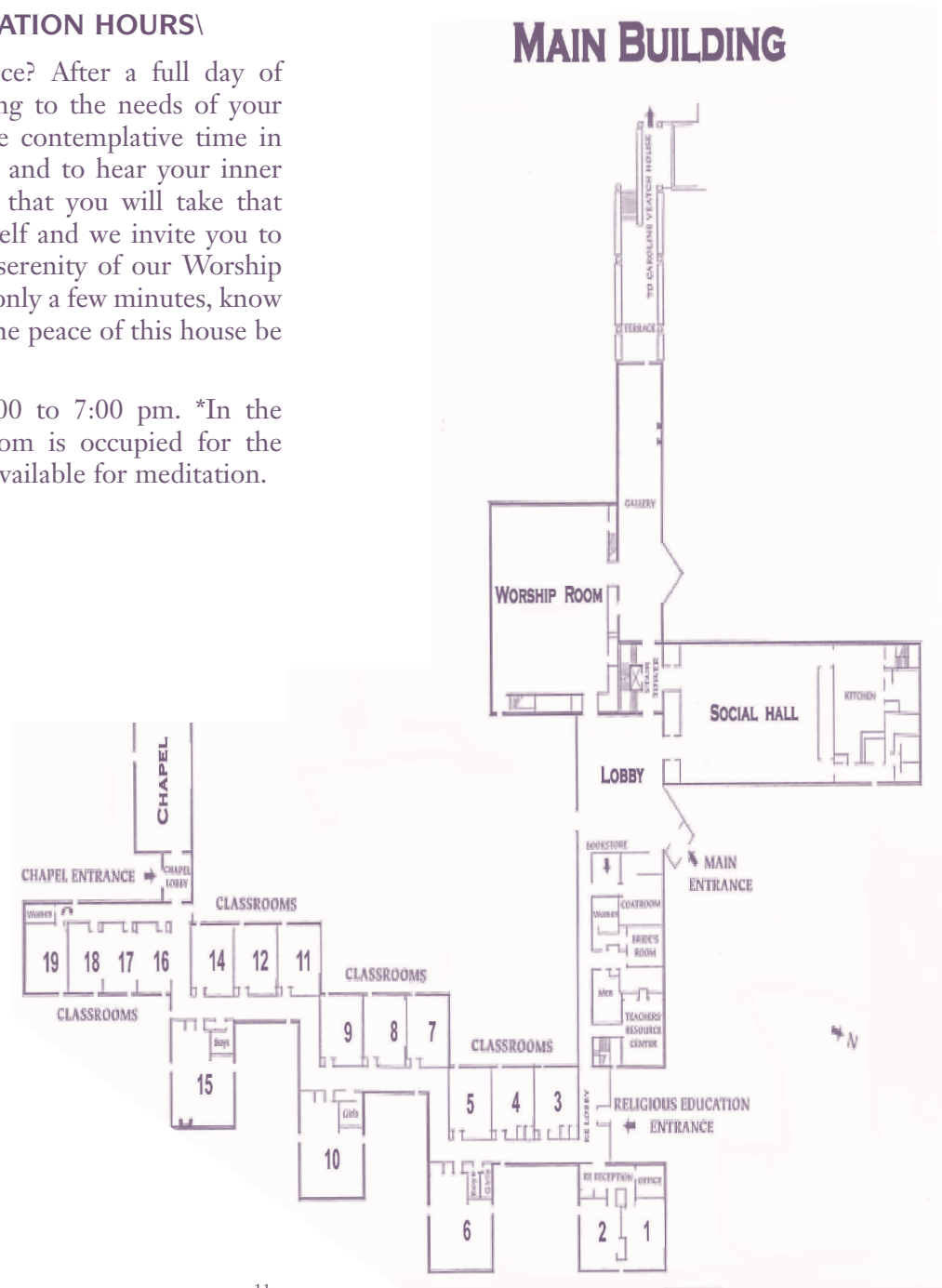
Small Group Ministry Facilitators are all Shelter Rock members who receive specialized training for this ministry.

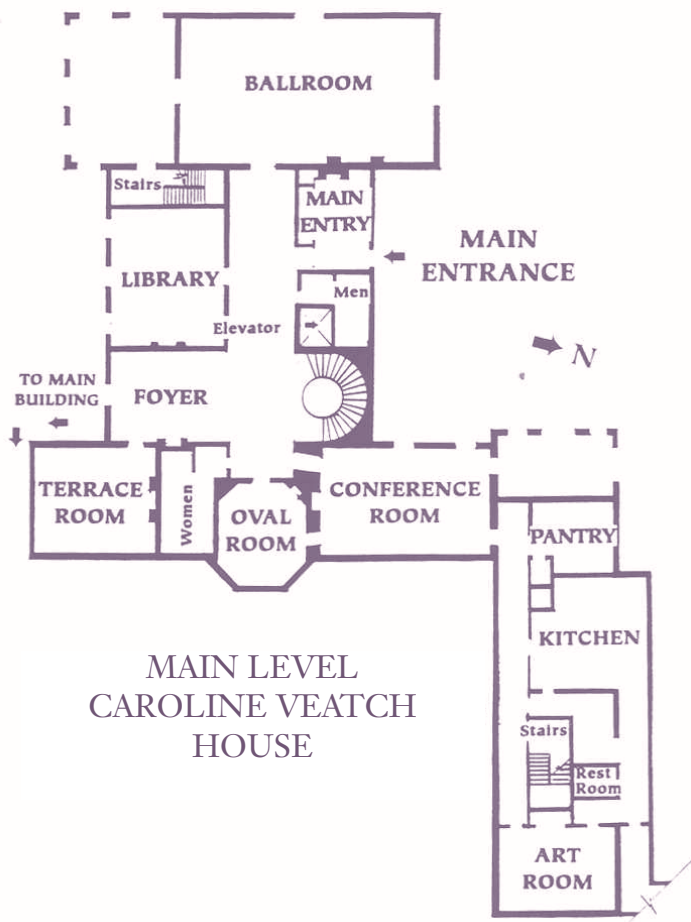
There are daytime as well as evening meetings. Pre-registration is required. Childcare is available if requested one week in advance. Please call the Assistant to the Ministers at ext. 141 if you are interested in attending a Small Group Ministry gathering.

WORSHIP ROOM MEDITATION HOURS\

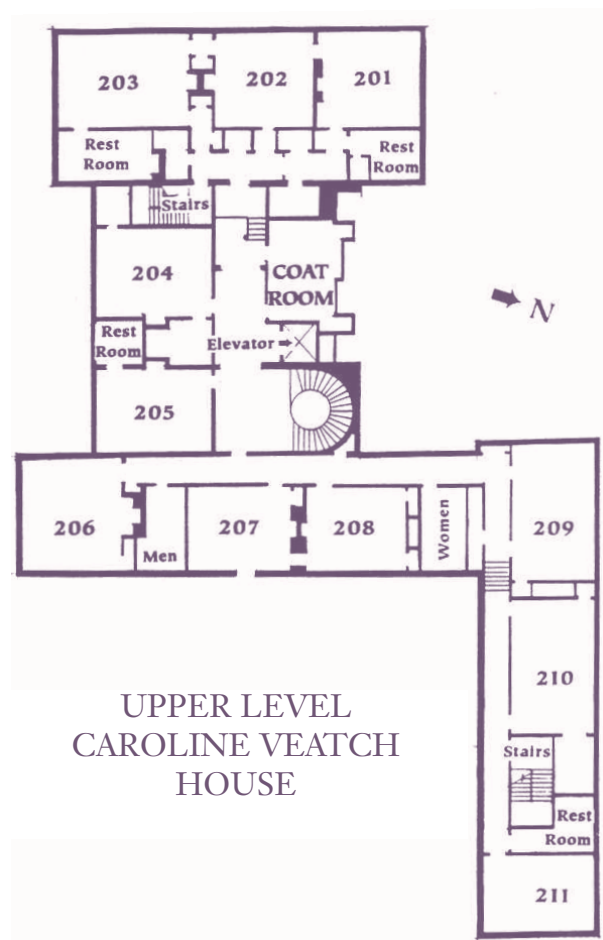
Looking for a place of peace? After a full day of working, schooling or tending to the needs of your family, you may need a little contemplative time in which to nurture your spirit and to hear your inner wisdom. We sincerely hope that you will take that much-needed time for yourself and we invite you to experience the solitude and serenity of our Worship Room.* Even if you can stay only a few minutes, know that you are welcome. May the peace of this house be yours.

Monday through Friday, 4:00 to 7:00 pm. *In the event that the Worship Room is occupied for the evening, the Chapel will be available for meditation.





MAIN LEVEL
CAROLINE VEATCH
HOUSE



UPPER LEVEL
CAROLINE VEATCH
HOUSE



ADULT PROGRAMS REGISTRATION & PAYMENT FORM - FALL 2011

Class	Check Choice <input type="checkbox"/>	Suggested Donation		Donation Amount
		Member	Non-Member	
Abraham's Children	<input type="checkbox"/>	No Fee	No Fee	
Beginning Bridge Classes	<input type="checkbox"/>	No Fee	No Fee	
Book Discussion: Sept "How God Changes Your Brain"	<input type="checkbox"/>	No Fee	No Fee	
Dramatic Readings *\$5 if you bring food to share	<input type="checkbox"/>	\$10*	\$10*	
Emerson Circle	<input type="checkbox"/>	No Fee	No Fee	
Evening Chess	<input type="checkbox"/>	No Fee	No Fee	
Evening of Theater Vignettes	<input type="checkbox"/>	\$5.00	\$7.00	
Fall Film Series	<input type="checkbox"/>	No Fee	No Fee	
Farsi (Persian) Language and Culture – 7 Sessions	<input type="checkbox"/>	\$35.00	\$40.00	
Finding Your Place: Introduction to UU	<input type="checkbox"/>	No Fee	No Fee	
Great Books Discussion: Great Conversations 3	<input type="checkbox"/>	No Fee	No Fee	
Group Meditation	<input type="checkbox"/>	No Fee	No Fee	
Historical Jesus	<input type="checkbox"/>	No Fee	No Fee	
Immigration as a Moral Issue	<input type="checkbox"/>	No Fee	No Fee	
Necessity of Virtue	<input type="checkbox"/>	No Fee	No Fee	
Our Mission of Philanthropy: Veatch	<input type="checkbox"/>	No Fee	No Fee	
Reiki Healing Circle - Per Event	<input type="checkbox"/>	\$5.00	\$7.00	
Spiritual Masters, Mental Health & Medication	<input type="checkbox"/>	No Fee	No Fee	
Tai Chi Easy – 10 Sessions	<input type="checkbox"/>	\$100.00	\$120.00	
Unitarian Universalism Then & Now	<input type="checkbox"/>	No Fee	No Fee	
Yoga - Series 1- 5 Sessions	<input type="checkbox"/>	\$50.00	\$50.00	
			TOTAL	

Pay by check made out to UUCSR and note for Adult Programs in the memo.

All fees due at time of registration. No refunds given after program begins.

Mail this registration form along with check to:

Sharyn Esposito, UUCSR, 48 Shelter Rock Road, Manhasset, NY 11030

Call Sharyn Esposito at (516) 627-6560, Ext. 160 with questions or to register for most programs.

Name: _____ Phone: _____

email: _____

Street: _____

City/State/Zip: _____



UNITARIAN
UNIVERSALIST
Congregation
^{AT}
Shelter Rock

48 Shelter Rock Road • Manhasset, NY 11030

516.627.6560

Visit us at www.uucsr.org