

A Newcomers Guide to the Unitarian Universalist Fellowship at Stony Brook Fall 2026



Intentionally Inclusive

Liberal Religious

*Actively Serving the Common Good of Central
Long Island and Our Shared World*

Who are We?

The Unitarian Universalist Fellowship at Stony Brook is a congregation that is **intentionally inclusive, liberally religious, and actively serving the common good** of our shared world.

Being **intentionally inclusive** means that whoever you are and wherever you are on your own spiritual or religious journey you are welcome here.

Being **liberally religious** means that, as Unitarian Universalists we seek inspiration and wisdom from all the religions of the world but affirm our own individual experience and conscience as the best authority for our beliefs. It means we believe the purpose of religion is to help us live more fully within this lifetime and help us make the world a better place. It means we believe a shared religious community helps us do these things better than we could by ourselves.

Actively serving the common good of our shared world means we are actively involved in many efforts to make our world more compassionate and just in Central Long Island, New York State, around the country, and around the world. We invite you to join us in our efforts to do so.

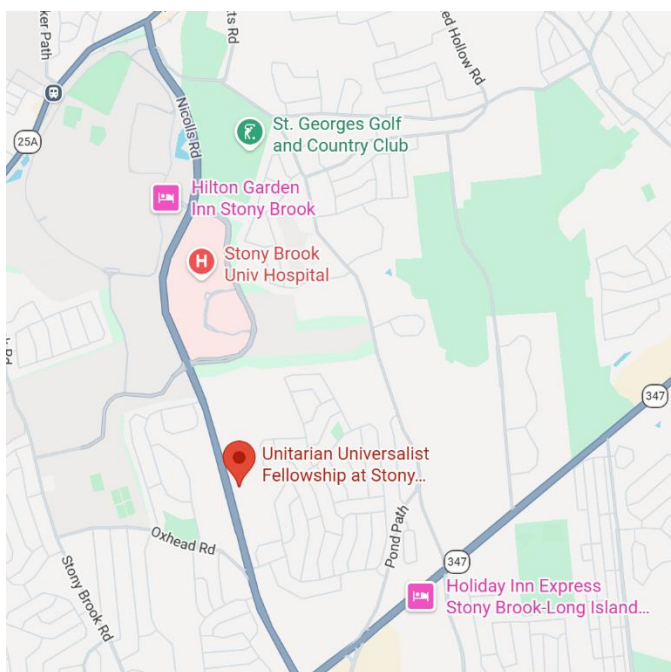
We started as a congregation of 17 individuals in 1962 and now have more than 200 adults, youth, and children who call this congregation their religious home.

The Rev. Dr. James Kubal-Komoto has served as our minister since August 2026.

We are a part of the **Unitarian Universalist Association**, a denomination consisting of approximately 1,000 congregations and 300,000 adults, youth, and children in the United States.

Visit Us!

We are located at 380 Nicolls Road in East Setauket, New York, about one mile south of the Stony Brook University campus.



Visitors are welcome at any of our activities or events. A few events and activities require registration before attending.

Learn More About Us and Stay Up to Date on What's Happening Every Week!

Visit our **website** at uufsb.org . To see our calendar of events, visit <https://uufsb.org/events-2/calendar> .

Follow our **Unitarian Universalist Fellowship at Stony Brook Facebook page** at facebook.com/uufsb .

Stop by the **Welcome Table** in the foyer any Sunday before our worship services to ask questions, pick up more information, fill out a visitor form, get subscribed to our weekly e-newsletter, and get a name tag.

Or, fill out a **visitor form** online at uufsb.org/visitor-form to start receiving our weekly newsletter.

On your second visit, return to the Welcome Table to get a more permanent **name tag** and return it to the name tag rack after the worship service.

Attend a **Newcomer Gathering**. These are usually held on the second Sunday of the month after our worship service at about 11:40 a.m. in the Green Room. These gatherings are a chance to meet with Rev. James, learn more about Unitarian Universalism and UUFSB, and ask any questions you may have.

Worship with Us!

Our Sunday worship services are at 10:30 a.m. in our Sanctuary and usually last about an hour.

It's also possible to watch our worship service live on our YouTube Channel. Check the front page of the website to watch a worship service live.

Recordings of past services are available at <https://www.youtube.com/@UUFBSB> .

Make Music with Us!

Our Choir practices every Wednesday, 7:30 - 8:45 p.m. in our Sanctuary. All voices are welcome. No audition is necessary. The adult choir usually performs on the third Sunday of the month during worship services. For more information, contact Linda Contino at lindacon3@aol.com .

Our Music Crew is a flexible group of vocalists and instrumentalists who performs on Sundays when the choir doesn't sing. On one Sunday, it may consist of a small vocal ensemble, and on another, a full band. For more information, contact Greg Maggio at maggiofamily@yahoo.com .

Learn and Grow Your Spirit with Us!

Rev. James teaches an **"Introduction to Unitarian Universalism"** class every fall based on his book *A Liberal Religious Path: A Short, Personal Introduction to Unitarian Universalism*. This book is also available on Amazon as a paperback, an e-book, or an audiobook for those who want to find out more before the next class or are unable to

attend the class. It is a wonderful way to learn more about Unitarian Universalism.

Sharing Circles are groups of 6-10 people who meet once a month, either in person or by Zoom, to share about and reflect on their own lives and to reflect on some of life's big questions together. They are wonderful opportunities to create connections with others and to live more intentionally in one's own life. For more information about Sharing Circles, contact Ellen Bartley at edbartley04@gmail.com .

UUFSB has a 32-foot labyrinth inlaid in the floor of its sanctuary. Join us for a **Labyrinth Walk** on Thursday at 2 p.m. and on the second Tuesday of each month at 8 p.m. UUFSB also has an outside labyrinth on its grounds that is available during daylight hours. For more information, contact Linda Mikell at 631-543-0337 or edlinmik9@gmail.com .

UUFSB hosts classes on **yoga, tai-chi,** and **Essentrics Stretching**. For a current schedule of classes, check our website. For more information, call 631-751-0297 or email medarts@uufsb.org.

In partnership with the **Stony Book Sangha**, a group that practices in the tradition of Vietnamese Zen Master Thich Nhat Hanh, UUFSB hosts both **daily and weekly meditation gatherings**. A morning meditation gathering takes place on Zoom Monday - Friday, 7:30 - 8 a.m. A weekly meditation gathering takes place in-person as well as online on Saturdays, 9 - 10:30 a.m. in the Blue Room. For more information, contact denisemstevenson@gmail.com .

Create Community with Us!

UUFSB is in the process of starting a **Campus Ministry Group** to serve students at Stony Brook University as well as Suffolk County Community College. If you are an undergraduate or graduate student and would be interested in participating in such a group, email campusministry@uufsb.org .

Our **Coffee Hour** happens every Sunday after our worship services. Join us for beverages, snacks, and conversation. On the first Sunday of the month, we also have a **SUUPER Sunday Potluck Lunch** following the worship service.

Our **Craft Group** meets monthly on a Saturday for several hours to craft together and learn from one another. The particular date changes every month. For more information, contact Maria Kata at msk13@hotmail.com and Denise Stevenson denisemstevenson@gmail.com .

Our **Cuban Salsa Dancing** group meets on Sundays, 12:30 - 1:45 p.m. in the Sanctuary. For more information, contact Mayte at ruedalongisland@gmail.com .

Our **East Coast Swing Dance** group meets Thursdays, 7-9 p.m., in the Sanctuary. For more information, contact Shah at dancewithshah@gmail.com .

Our **First Friday Book Discussion Group** meets by Zoom on the first Friday of each month at 7:30 p.m. The group alternates between fiction and non-fiction books and always selects books that are available in both print and audio formats. For more information, contact bookgroup@uufsb.org .

UUFBSB hosts the **Grounds and Sounds Cafe**, a live, acoustical music performance on the second Friday of each month at 7:30 p.m. Tickets are available for purchase in advance or at the door. For more information, visit groundsandsounds.org .

Our **Hiking Group** takes short, relatively easy, nearby hikes, usually on Saturday mornings at 10 a.m. For more information contact Larry Mazza at 631-816-4694 or larrymazza@gmail.com .

Our **Living with a Spouse or Partner with a Serious Illness (LSPSI)** offers care and support to caregivers and meets on the second and fourth Sundays of the month, 12:15 - 1:15 p.m. For more information, contact Joanne Hammer at joanne.hammer@gmail.com .

Our **MUUVie Group Discussion** meets monthly on Sunday afternoons in the Sanctuary to discuss recent and classic movies. For more information, contact moviegroup@uufsb.org .

Our **Political Discussion Group** meets by Zoom on the final Thursday of the month at 7:30 p.m. For more information, contact Larry Mazza at larrymazza@gmail.com .

Our **Shawl Ministry** meets on the second Thursdays of the month, 7-8:30 p.m. All knitters and crocheters, even absolute beginners, are welcome to join us in for conversation and support as we create shawls together. Completed shawls are given to UUFSB members and friends as well as members of the wider community in times of joy or need. For more information, contact Shelly Psaris at shelly.pсарis@gmail.com .

Our **Spanish Conversation Group** meets Sundays, 12:15 - 1:15 p.m., in the Peach B Room. For more information, contact Mary Woods at 631-736-6715 .

Our **WoW Group** is a group for widows and widowers that meets on the second and fourth Sundays of the month at 12:15 p.m. For more information, contact Kay Aparo at kayelenty@yahoo.com or Sara Lutterbie at sara.lutterbie@gmail.com .

Our **Writers Group** meets the Fourth Thursday of each month, 7:30 - 9:30 p.m., in the Yellow Room. Participants share their own writing with one another and, if wanted, offer feedback. For more information, call or text Gilda Candela at gildacandela@gmail.com .

Get Help During Times of Illness, Accident, Crisis, Transition, or Loss!

Rev. James is available to provide pastoral care to individuals who have experienced illness, an accident, a crisis, or another transition in their lives or who are struggling with spiritual or religious

questions. He is assisted in providing pastoral care by our Pastoral Associates Team, specially trained members of the congregation.

Contact Rev. James at 631-751-8336 or james@uufsb.org to arrange a time to talk with him or a pastoral associate.

Our **Helping Hands Team** provides meals, transportation, and other practical help to members and regular visitors in times of illness, accident, crisis, transition, or loss in their lives. To request help, contact helpinghands@uufsb.org .

Change the World with Us!

During our Sunday morning worship service, we have an offering. UUFSB shares half of the undesignated funds it receives as part of this offering with a local non-profit organization.

We also regularly collect food, clothing, and other items to help our least fortunate neighbors.

While UUFSB has a long history of advocating to make our wider community and our world more compassionate, more just, more sustainable, and more peaceful, the congregation is currently in a period of discernment about next steps to take.

If you are interested in joining Rev. James in a discussion of possible next steps, contact him at 631-751-8336 or james@uufsb.org .

Programming for Children and Youth

Children and youth attend the first part of our main worship service twice a month, and other Sundays attend programming especially for children and youth during the worship service.

Our **Tiny Tots** offers care every Sunday, September through June, to children under five.

Children in **kindergarten through fourth grade** meet together for activities that include singing, stories, discussion, arts and crafts as well as other interactive activities.

Children and youth in fifth through eighth grades participate in our **Middle School Group**. UUFSB does not currently have a high school youth group.

Middle School Youth at UUFSB also have the opportunity to participate in **Our Whole Lives (OWL)**, our comprehensive sexuality education classes, which we offer in partnership with the Unitarian Universalist Fellowship of Huntington. Advanced registration is required to participate in this program.

UUFSB offers various opportunities for **high school youth** to participate in the life of the congregation.

On Sunday mornings, children and youth, especially those visiting for the first time, are also always welcome to stay with their parents during the worship service in our sanctuary.

For more information about programming for children and youth at UUFSB, contact Susan Buckley and Michele Maggio at dre@uufsb.org .

Become a Part of Us!

Membership at UUFSB is open to any individual who is at least 16 and is in sympathy with our mission, vision, and values. For more information about membership, contact Rev. James at 631-751-8336 or james@uufsb.org .

For More Information

For more information about UUFSB or any of our events, activities, or programs, contact us at 631-751-0297 or info@uufsb.org .