

First Universalist Church of Southold  
PO Box 221 Main Road  
Southold, NY 11971



# The Free Spirit

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January 1, 2022

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**\*\* PLEASE NOTE \*\* Beginning January 9<sup>th</sup>, Sunday worship will be online for 6 weeks.**

## Services

Sunday, January 2, 11:00 a.m. – at Holy Trinity Church

### **Fireside Service**

We will be saying goodbye to 2021 and welcoming in 2022 through song, music, readings, etc.  
Susi Young, lay speaker

Sunday, January 9, 11:00 a.m. – **Zoom online**

### **“Fail Better”**

Rev. Valerie Freseman

Sunday, January 16, 11:00 a.m. – **Zoom online**

### **“Plans for Building Beloved Community”**

The 8<sup>th</sup> Principle calls us to match our actions to our values on our journey of spiritual growth.  
Patte McManus, lay speaker

Sunday, January 23, 11:00 a.m. – **Zoom online**

### **“Doing the Right Thing”**

Rev. Valerie Freseman

Sunday, January 30, 11:00 a.m. – **Zoom online**

### **“A Brick is a Brick is a Brick”**

Rev. Joe Cherry, UU Fellowship of Falmouth, E. Falmouth, MA

Thought for January...

### **NEW BEGINNINGS**

Each day, hour, minute...  
Each breath  
is a new beginning.

**Coming Attractions!!!** \*\* If you have questions about any of our programs, please email us at \*\*  
\*\* [SoutholdUU@optonline.net](mailto:SoutholdUU@optonline.net) \*\*

**January 4<sup>th</sup> – Covenant Group.** Southold Library, 3:00 p.m. Topic: “Resolutions and New Beginnings”

**January 12<sup>th</sup> – Social Action Committee & 8th Principle Task Force.** Online – Zoom, 4:00 p.m.

**January 20<sup>th</sup> – Spiritual Practice.** Online – Zoom, 7:00 p.m. Join us as Rev. Valerie leads us in spiritual practice centered around this month’s theme of “Living with Intention.”

**January 25<sup>th</sup> – Board Meeting.** Online – Zoom, 4:00 p.m. All are welcome.

### **Covenant Group**

Please join us, January 4, 2022, for our first meeting of the New Year. All are welcome at the Southold Free Library, 3-4 p.m. Our topic this month is: “Resolutions and New Beginnings.”

A reminder: bring quarters to Holy Trinity for the Greenport Laundromat, and canned food for the back table in the church.

Be the first to forgive, to smile, and to take the first step. To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness.

In peace,  
Ginny Cornell  
Ginc289@optonline.net

### *Thank You !*

We want to thank all of our members, friends, and neighbors in the community for making our holiday toy drive, mitten tree, and cookie swap wonderfully successful. Thanks to everyone’s participation and generosity, we collected a car load of toys for Rural & Migrant Ministry, and over 200 NEW winter accessories were delivered to CAST. We shared holiday cheer, and delicious homemade goodies and hot chocolate with those who were able to stop by the church grounds, and took home tins full of delicious cookies after the service on December 19<sup>th</sup>.

We wish you all a very happy, and healthy, New Year!



Dear Southoldian Unitarian Universalists,  
Broken any New Year's resolutions yet??

Whether it is to eat less or take up a hobby, to learn a language or to spend more time with friends, many people take the calendar year to start nothing new.

But as I consider our theme of the month – which is “Living with Intention” – I am presented with new possibilities about how to improve, or about the nature of resolution itself.

Goals and resolutions offer us benchmarks. They can, if misused, lead to unhealthy judgements as well as healthy ones. To set before yourself an unshakable target reduces one's capacity for adaptation. For example, if I set as a goal to lose weight, my success becomes a conversation between me and the scale. But if my intention is to act to improve my health, then open to me is a whole range of ways I can reduce my stress, get more exercise, and eat in a different way. I am invited to think of weight loss as one part of my journey, rather than the sole destination. When we are accountable to our intentions, we are moving forward towards a more wholistic way of achieving what we hope for, and we can entertain a range of measurements to see how we have progressed.

Intentions are also another way to frame the work we do in community, and often there is a difference between intention – lip service, really – and what actually happens. For example, we can intend to be a green community, but if we stock single-use plastic, never check our energy use, disavow the use of environmental building materials, and never have curiosity about how environmental policy intersects with anti-oppression, then our intentions do not have practical weight. We may never be able to achieve every goal, because setbacks and outright failure are inevitable, but by keeping intentions before us, we can begin to pull the future we want towards us.

The future is still far from certain as we navigate this life still bracketed by COVID and so many other of the concerns of human life and survival. But I believe our intentions, made in a responsible way, will help heal us and steer us forward.

Have a blest turning of the year,

Rev. Valerie Freseman

### **Notes from the Building Team**

The Building Team, along with Owner's Representative Brian Davis, met with architect Raymond Calamari December 9. At this meeting, we finalized the church's shape and orientation on the site. We also discussed roofing materials, siding and construction techniques for the meeting room, as well as looking at preliminary fit and finish options. We also began thinking about when our next congregational informational update should be held, which will be sometime after the holidays. Mr. Calamari and Mr. Davis both feel we are well within the tentative schedule Mr. Calamari presented at our first congregational informational tea.

Mark Sisson  
Building Team Chair

### News from the Social Action Committee (SAC) & 8<sup>th</sup> Principle Task Force

Thanks to the generosity of our members and friends, we exceeded (by 32%!) our founding congregation's obligation to NYUJJ, sending in \$514.00. A recent letter from NYUJJ's Board Treasurer indicated that "your financial contribution...enabled (NYUJJ) to hire a part-time organizer."

We hosted a **Toy Drive-through** on Dec. 4th for the children served by the **Rural & Migrant Ministry (R&MM) Amandla Worker Education Center**. The turnout included a number of people from the wider community (thanks to Lauren Sisson's timely ad). And more toys were delivered after Sunday worship the next morning. So with my car full, and a check for \$305 from the two First Sunday collections we'd held to support the work of R&MM, I picked up my granddaughter (Jenna) and headed into **R&MM's Roots of Gratitude - Music Concert and Toy Drive** which was held in Sea Cliff. Thank you ALL for your generosity, and thank you, Jenna, for your strength and tenacity, helping to carry the large load of toys from my car to the second floor at St. Luke's Episcopal Church! Angel Reyes Rivas, LI Coordinator of R&MM, whom many of you remember from his talk at worship service on a pre-pandemic Sunday, said that they will be able to double their toy distribution compared to last year. He added, in one of two thank you emails, that he hoped we'd continue to be a part of their "mission to create a more just rural New York."

At the December Board meeting, SAC requested and got approval for the next three First Sunday collections to benefit the Shinnecock Nation, who are in much need of non-food items not often found at food banks and not covered / inadequately covered by Supplemental Nutrition Assistance Program (SNAP, formerly called and commonly known as food stamps) and Women, Infants, and Children (WIC).

Reminder: UUA Jubilee III Anti-Racism Training, sponsored by **LIAC**, registration is now open. Fri., Jan. 14, 2022 to Sun., Jan. 16, 2022, fully online. Rev. Valerie and I are registered and there is still one more seat available to our congregation. If you have already registered or are interested in doing so, please contact me. Further details and a link for more info and registration is in the Fri., Dec. 17, 2021 "*Keeping Connected Blast*" email from First Universalist Church of Southold.

The 8th Principle Task Force has agreed that a congregational vote for adoption of the 8th Principle should be taken in a manner that maximizes participation. To that end, we determined that a hybrid event would enhance accessibility and inclusion, and there should be multiple methods of voting (in-person / mail / email).

The UU Worship Theme for January 2022 is "Living with Intention." Martin Luther King's birthday on Jan. 17th begins a month-long UUA focus on racial and social justice ending with Feb. 14<sup>th</sup> (Valentine's Day). Therefore, "Plans for Building Beloved Community," which is the topic for our service on Sun., Jan. 16, 2022, should provide a good starting point, while scheduling logistics for an 8<sup>th</sup> Principle teach-in and congregational vote are worked out. Throughout this process, it is important to remember that, rather than being the end goal, voting for adoption of the 8th Principle is just another step in our "journeying toward spiritual wholeness by building a diverse multicultural Beloved Community."

The next SAC & 8th Principle Task Force meeting will be Jan. 12, 2022 at 4:00 pm via Zoom. We are seeking congregants who want to speak at an 8th Principle teach-in, from their personal perspective.

#### Quote of the Month:

*"Your ordinary acts of love and hope point to the extraordinary promise that every human life is of inestimable value."* - Archbishop Desmond Tutu

Let's make our actions reflect our words,  
Patte McManus, Chair