

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



# The Free Spirit

Rev. Valerie Freseman, Minister

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Office Hours: Tues. & Thurs. 9:00am – 2:00pm

Church Web Page – <http://FirstUniversalistSouthold.org/>, e-mail address: [SoutholdUU@optonline.net](mailto:SoutholdUU@optonline.net)

February 1, 2021

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## **Services – Zoom Online**

February 7, 2021 at 11:00 a.m.

**“What Does Faith Ask of Us? Ripples of Hope”**

Ceil Loucka, lay speaker

February 14, 2021 at 11:00 a.m.

**“The Cultivation of Forgiveness”**

Rev. Valerie Freseman

February 21, 2021 at 11:00 a.m.

**“Using the 7 Principles to Weather the Pandemic”**

Mark Sisson, lay speaker

February 28, 2021 at 11:00 a.m.

**“Justice, Justice”**

Rev. Valerie Freseman

## **Coming Attractions!!!**

**February 2<sup>nd</sup> – Covenant Group.** Online – Zoom, 4:00 p.m. Topic: “Beloved Community”

**February 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>– Afternoon Tea.** Online – Zoom, 4:00 p.m.- 5:00 p.m. A time for fellowship and connection.

**February 11<sup>th</sup> – Black Lives Matter Book Discussion.** Pre-registration required. Online – Zoom, 6:00 p.m. Book: *So You Want to Talk About Race*.

**Coming Attractions (cont'd.)**

**February 10<sup>th</sup> – Morning Spiritual Practice.** Online – Zoom, 10:00 a.m.

**February 13<sup>th</sup> – Warm Hearts, Warm Feet Drive-Thru Sock Drive.** 2:00p.m. – 4:00p.m. in the Church parking lot.

**February 22<sup>nd</sup> – Board Meeting.** Online – Zoom, 6:00 p.m. All are welcome.

**February 24<sup>th</sup> – Evening Spiritual Practice.** Online – Zoom, 5:00 p.m.

**Covenant Group**

All are welcome to join us on Zoom, Tuesday, February 2<sup>nd</sup>, 4-5 p.m. I will send you the link that afternoon. Please e-mail me if you are not on my list. [ginc289@optonline.net](mailto:ginc289@optonline.net)

Our topic this month is "Beloved Community." This month we will make movie-watching our spiritual exercise. Spend some time reflecting on the movie of your choice. Is there a challenge in the movie for you? An insight? A message of healing? Here is a list to choose from: *And Breathe Normally*, *Selma*, *The Hate You Give*, *12 Years A Slave*, *Thirteenth*, *Crash*, and *Moonlight*. Bring a high and a low to share with the group for the month.

Rev. Victoria Safford: "The goal of a beloved community is reconciliation, not to destroy your opponent, nor cast them out, but to stay in the struggle until love wins."

In peace,  
Ginny Cornell

**Spiritual Practice Classes**

Wednesday, February 10<sup>th</sup>, 10 – 11:00 a.m., Online – Zoom.

Wednesday, February 24<sup>th</sup>, 5 – 6:00 p.m., Online – Zoom.

Each month, Rev. Valerie will lead us in a spiritual practice to stimulate the mind and help us cope with the isolation of the pandemic. Each spiritual practice will be repeated twice a month, once in the evening and once during the day so that folks with different schedules can attend.

**Happy Valentine's Day**

**Please join us on Saturday, February 13, from 2:00p.m. – 4:00p.m.  
In the Church parking lot got a *Warm Hearts, Warm Feet Drive-thru.***

We will be sharing the warmth of Valentine's Day and collecting NEW socks. Socks are always needed, but rarely donated. Please help us ensure that our community has warm feet! We are also accepting donations to CAST's food pantry.

For questions, call the Church office at 631-765-3494 or email Beth at [beakeeper67@yahoo.com](mailto:beakeeper67@yahoo.com). We ask all participants wear masks at all times and abide by state guidelines for social distancing during the event.

Greetings to you all,

This month's Soul Matters theme is "Beloved Community," a phrase first coined by Rev. Martin Luther King, Jr. I was thinking about the phrase "beloved community" when I was watching the inauguration and particularly Amanda Gorman's inaugural poem. "A more perfect union" is what strikes me as the heart of what is meant by beloved community. The notion of striving to get things right, and resting in the striving, rather than assuming we have reached perfection, is key. More perfect implies that nothing will ever be finished, that we are each tasked with the responsibility of looking to the next horizon.

Nothing shuts us off from others in our community – whether we describe that as our town, our faith community, or the spheres of friendship and connection we have through civic groups and interests – than a belief that we have nothing else to learn, nothing to strive for. If we think of ourselves as having reached a state of perfection, then we will be unlikely to look to others for more guidance. If we think we have nothing to answer for, we will descend into arrogance.

Beloved community requires a faith in one another that is sometimes difficult to cultivate, even when things seem calm. It requires a willingness to let go of trying to have everything you wish from your community, in order to have most of what you wish for – of making space for letting others have their voices represented, too. Beloved community also creates a sense of joy, and maybe even surprise as we continue to include more and more people and ideas into the circle of our concern. I think of the Unitarian Universalist idea that no one should strive to answer life's big questions alone, and that our faith communities, rather than places to receive dogma, are places to seek questions – in community.

King's life and work was dedicated to helping bring about the beloved community – a place where economic and social justice would prevail, and that the sin of oppression would not be tolerated. It is easy to think of this as some sort of far-off goal, but just like the never-ending pursuit of something more perfect, the beloved community is found in the striving itself, and in those we meet and grow to love along the way.

Both of my services this month will focus on our UU principles – but instead of focusing on the principles themselves, I am going to discuss what qualities we need to cultivate in each other in order to truly embrace them. The first, forgiveness (necessary for us to see the inherent worth and dignity of each other) and secondly, perseverance (necessary for the cultivation of justice, equity, and compassion).

All the best of health and joy to you all,

Rev. Valerie

### Thought for February

Love heals everyone ~  
Both those who receive it and those who give it.

### Minister's Discretionary Fund

This is a reminder that the Minister's Discretionary Fund exists for the purpose of giving small grants to folks in need of food, gas, or other living expenses, anonymously and at the minister's discretion.

If you can think of anyone who would benefit from help, especially during these tough economic times, please do not hesitate to recommend them to **Rev. Valerie**.

### Notes from the Building Team

Update (as of 01/25/2021):

The Planning Board of the Town of Southold held a work session to review our Church's construction application. The meeting was held virtually via zoom on Monday, Jan.25. (Pursuant to Executive Order 202.1 of NY Governor Andrew Cuomo.)

Yet to be finalized: the septic system by Suffolk County Dept. of Health Services (SCDHS) and our driveway exit to Route 25 by the Dept. of Transportation – Albany.

We are moving forward.

Irene Stewart  
Building Team Chair

### Looking Back

There is a new section of *The Free Spirit* called "Looking Back". If you have any pictures from past events at the church, please send them to me, with the name and the event, [ginc289@optonline.net](mailto:ginc289@optonline.net). If you do not have a cell phone to take the picture and send to me, you may mail the pictures and I will return them to you. Or perhaps you have a story to share in this section. Below is a picture of our Flower Communion.



Left to right: Andrew Gregg, Peter Gregg, guest, guest, Jessica Pond, Melissa Pond, Claire Gregg and Katherine Doering.