

First Universalist Church of Southold
PO Box 221 Main Road
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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

April 1, 2021

Services – Zoom Online

April 4, 2021 at 11:00 a.m.

“To Wake, To Rise”

There are two themes that accompany spring – liberation, and rebirth. This service is a celebration of how these twin impulses inspire us both in our Unitarian Universalist movement and in ourselves.

Rev. Valerie Freseman

April 11, 2021 at 11:00 a.m.

UUA Side With Love Service

Or Be A Guest at a Neighboring Congregation. More info to come.

April 18, 2021 at 11:00 a.m.

“Given as a Garden”

Rev. Valerie Freseman

April 25, 2021 at 11:00 a.m.

“Washing Dishes”

Zen Master Thich Nhat Hanh tells a story about washing dishes with mindfulness. This Sunday, we explore the power of mindfulness in our lives.

Rev. Kimberly Quinn Johnson

Coming Attractions!!!

April 6th – Covenant Group. Online – Zoom, 4:00 p.m. Topic: “Becoming”

April 2nd, 9th, 16th, 23rd, 30th – Afternoon Tea. Online – Zoom, 4:00 p.m.- 5:00 p.m. A time for fellowship.

Coming Attractions (cont'd.)

April 12th – Deadline for Submissions to the Spring Virtual Arts Festival.

April 15th – 7 Principles Class: Inherent Worth and Dignity. Online - Zoom, 7:00 p.m.

April 17th – LIAC Annual Spring Workshop. (See details below.) Online – Zoom, 11:00 a.m.

April 21st – Morning Spiritual Practice. Online – Zoom, 10:00 a.m.

April 27th – Board Meeting. Online – Zoom, 6:00 p.m. All are welcome.

Covenant Group

All are welcome to join us on Zoom, Tuesday, April 6th, 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

Our topic this month is "Becoming." Please bring a high and low to share for the month.

Questions for your journal writing: What are you doing to ensure that you don't become a person who has regrets? Is life calling you to return to the past so you can move more fully into the future? What if we grow when we travel beyond the circle of those who agree with us?

"Do not ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is people who have come alive." Howard Thurman

In peace,
Ginny Cornell

Spiritual Practice Class

Thursday, April 21st, 10:00 a.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. This month, there will be just one class, 10:00 a.m. on Thursday, April 21st.

LIAC Annual Spring Workshop: "Crucial Conversations and Conflict Resolution"

Saturday, April 17, 2021 11:00 a.m. – 3:30 p.m.

For many of us, conversations with people who don't agree with us can be difficult. This workshop will help us build our skills for engaging conflict in ways that lead to deeper belonging. Guest workshop leader is Rev. Tandi Rogers.

Please register in advance. There is no cost for this workshop.

<https://us02web.zoom.us/meeting/register/tZErcO6oqTqtE9K4uG8jR9K-mn8xZ21rEET4>

After registering, you will receive a confirmation email containing information about joining the Zoom meeting. If you have questions, contact Marian Russo: marian.h.russo@gmail.com

Do you have a news item, announcement, or picture for *The Free Spirit*? You may send it to Joan Murray at SouthholdUU@optonline.net, or mail it to the church post office box.

The deadline for submissions is the 20th of each month. Thank you.

Dear Beloved Community,

This month's theme is "becoming." Our world is slowly awakening to spring, and also to the idea that by summer, we may be becoming something new after a long time of isolation due to the pandemic. Change occurs either in an instant or in a slow unfoldment. We don't have much choice in our formation – in the family and circumstances of our birth – but we have **some** choices in every becoming after that (if we are lucky). We can choose to lay aside grudges and become more loving. We can choose to get more active in the world outside our own family – by volunteering. We can choose to become healthier, more mindful of the ways our emotional and physical diets affect us. Even if our resources are limited, our dreaming is not. We just need to ask ourselves – what is it that I wish to become, and what or who do I need to partner with me in this becoming? Or do I need to just rest awhile?

From our vantage point on the threshold, we cannot predict what is coming. Even when we **feel** the same – when everyone around us **acts** the same – bits and pieces of our becoming are revealing themselves to us. I take the work of grocery store clerks and postal workers less for granted now, for example, than I used to. I am willing to wait a little longer in a line and be a bit more patient if something takes a day extra. I am more conscious of the fact that my comfort and safety is guaranteed by the work-ethic, care, and attention of everyday people – people who are often paid poorly. In our caring for one another, we will hopefully do more than just become aware – we will become a more livable community.

I hope you will join me for our 2nd installment of our 7 Principles Class – Justice, Equity and Compassion will be covered in that installment. I will also continue to offer the morning edition of our Spiritual Practice Class. I point your attention to an important event on April 17th – Rev. Tandi Rogers will be leading a free, LIAC-sponsored seminar, via Zoom, on conflict resolution. It will be a great opportunity to pick up some skills and be in the virtual presence of some of our co-religionists on Long Island.

Have a wonderful, joyous month.

Rev. Valerie

We are looking for folks to commit to being ushers for our eventual re-opening of in-person services. Duties include setting up the altar/worship room, greeting folks at the door, and stowing away materials after the end of the service. If you are interested in finding out more information, contact Rev. Valerie at firstminister@optimum.net

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**.

Looking Back



Doug Gregg took this picture of our church. Bennett Blackburn carved the star out of wood. Every Christmas we decorated the star and placed it over the front entrance.

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.

Thought for April

There are opportunities everywhere to give a smile,
share a laugh, open a door, offer a word of
encouragement, thank someone or to just simply listen.
How many different ways can you serve today?

Notes from the Building Team

We are close to completing the design / site plan that the Building Team and Board see as a winner! Our construction goal – to begin building – is late spring (2021).

Taking into account our budget constraints, COVID-19 price increases, etc., our plan is to combine the best of two previous design ideas:

1) Placing the parish hall, kitchen, 2 bathrooms, storage space and classrooms under the Sanctuary. Two years ago, the congregation saw this site plan (at the Appreciation Dinner at the Hellenic Restaurant). Remember it?

To put your mind at ease...

2) In the smaller admin building, on street level, we will have a (slightly reduced) lobby entrance, church office, minister's office, board meeting/classroom, kitchenette and 2 bathrooms. The lobby area will have adequate space for refreshments after the church service, I am sure. The parish hall and larger kitchen (in the basement) will be for dinners, large meetings...and anything else we want to use it for.

We are waiting for word from our builder and the Town of Southold Building Department that our permit has been approved...to build our beautiful new church!

As soon as we know for sure, we will tell you.

Irene Stewart
Building Team Chair