

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)

May 1, 2021

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## **Services – Zoom Online**

May 2, 2021 at 11:00 a.m.

### **“The Verdict”**

Though a not guilty verdict would have been criminal, the verdict in one trial will not bring justice unless we can change the social conditions which lead to injustice.

Mary James, lay speaker

May 9, 2021 at 11:00 a.m.

### **“Mother’s Helpers”**

As a society, we need to develop a new story of motherhood--a story that goes beyond celebrating the love and heroics of mothers and invites us to consider all the ways in which we need to step up support - physically, mentally, and spiritually.

Rev. Valerie Freseman

May 16, 2021 at 11:00 a.m.

**TBD**

May 23, 2021 at 11:00 a.m.

### **“The Gospel Of...”**

How do we find ourselves in the world's great, evolving stories? What legends will be told of us? This service will celebrate the ways in which we can step into and shape the world's most important narratives.

Rev. Valerie Freseman

May 30, 2021 at 11:00 a.m.

### **“Reconciliation and Restoration”**

Is reconciliation a core commitment of Unitarian Universalism in the 21st century? Is our shared commitment to communal well-being as powerful as our commitment to individual freedom?

Rev. Ned Wight

**Coming Attractions!!!**

**May 1<sup>st</sup> – Spring Clean-up.** Church grounds, 10:00 a.m. – 12:00 p.m. Come and pitch in!

**May 4<sup>th</sup> – Covenant Group.** Online – Zoom, 4:00 p.m. Topic: “What’s Your Story?”

**May 6<sup>th</sup> – Virtual Spring Arts Festival.** Online – Zoom, 7:00 p.m.

**May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> – Afternoon Tea.** Online – Zoom, 4:00 p.m.- 5:00 p.m. A time for fellowship.

**May 13<sup>th</sup> – 7 Principles Class 3: Acceptance of One Another and Encouragement in Spiritual Growth.** Online - Zoom, 7:00 p.m.

**May 19<sup>th</sup> – Morning Spiritual Practice.** Online – Zoom, 10:00 a.m.

**May 23<sup>rd</sup> – 186<sup>th</sup> Annual Meeting.** Online – Zoom, 1:00 p.m. Please join us online for this important annual event. New committee chairs, Board trustees, and next year’s budget will be considered and voted on.

### Spiritual Practice Class

Thursday, May 19<sup>th</sup>, 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, May 19<sup>th</sup>.

### Covenant Group

All are welcome to join us on Zoom, Tuesday, May 4<sup>th</sup>, 4-5 p.m.

Our room at the Southold Library is now open to us with a limit of 6 people and masks to be worn. Please send me an e-mail if you can come. [ginc289@optonline.net](mailto:ginc289@optonline.net) Also, I will be doing Zoom at the library for those who cannot come. I will send you the link that afternoon.

The topic will be, “What’s Your Story?” Questions for your writing journal: What story did you first fall in love with? What story about yourself have you outgrown that others are still telling? Do you have someone to tell your secret stories to? Do you believe in happy endings? Bring a high and a low to share with the group.

Those without power, risk everything to tell their story and must. Someone, somewhere, will hear your story and decide to fight, to live and refuse compromise... Practice listening beyond, or beneath, opinions. **Opinions are only the thinnest surface sitting on top of deep stories that we all carry.**

Rev. Rod Richards

In peace,  
Ginny Cornell



**Please join us for a virtual festival celebrating the arts.**  
(online via Zoom)

In the tradition of our annual Harvest of the Arts celebration of years past, this special event will feature: fine art, performance art, poetry readings, artist studio visits, theatre, music, and dance.

The Zoom link will be available on May 6<sup>th</sup>. We hope you will join us!

**Looking Back**



**Picture from Church School Beach Clean-Up.  
left-right: Anna Morse, Katherine, Jo Ann, and Mary Ellen Doering**

If you have any pictures from past events at the church, please send them to me, with the name(s) and the event, [ginc289@optonline.net](mailto:ginc289@optonline.net) .

**Notes from the Building Team**

We continue to do our part assisting the Board in building our beautiful new church.

Notwithstanding the building trade delays and cost increases, (caused by the COVID-19 pandemic,) we are fortunate to have architect Peter Marren and longtime local builder Eugene Burger (continuing) to work, with us, on our church building project.

We are finalizing a new septic system (for the three buildings) with Suffolk County Dept. of Health Services Board of Review. The delay has been caused by the Review Board, reviewing and responding to our request for a septic system variance. (We came before the Review Board on Dec. 17, 2020.)

I answered the Review Board's provisional approval with a request for a language change in reference to conditions necessary for the variance to be approved. Let's hope they answer quicker than four months.

PS – Many delays (in the building process) are beyond our control!

Irene Stewart,  
Building Team Chair

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](mailto:firstminister@optimum.net)

Greetings, Beloved Community.

What stories are you gravitating to? What fiction has reeled you in – or are you a documentary junkie?

This month we are celebrating the theme of the story – finding ourselves in the story, making new stories, or getting rid of the old ones. The power of a story is unmistakable – it can set us up for either courage or self-sabotage. We can be inspired to make our own new stories, or we can find power in the group process of story-making. Every day, we tell stories about the past, about our families, about how we got to this point in our lives. Stories – the faith we place in them – have a big impact on our lives.

It used to be that the storyteller – the Irish Seanchaí or the Griot from West African tradition – was at the center of communal life. Far from being just a way to entertain, stories shaped morality and set down the values of the community. Without language and stories, a culture starts to die off. Stories about origins of things, and about the way things work, seem to be as necessary to our survival as a species as evolutionary adaptation.

But stories, if taken too literally and not examined through the light of history, can have damaging consequences, too. They can cause us to cling to outmoded ideas and they can make us self-righteous. Finding the right balance between truth and fiction – claiming and naming our stories – about justice, our identity, and our hopes for the future is difficult.

In services this month, we will consider the stories told about motherhood and mothers, and how our society needs to consider the ways in which mothering is supported. We will also consider “The Gospel of...?” and imagine what it would be like to write a story about our own struggles that will change the world. How do we dream about when we are confronted with the blank page?

I hope you will join me in our ongoing 7 Principles Class as well as our spiritual practice sessions. We owe a great deal to Suzette and the outreach team for experimenting with the Arts Festival – this year, online! Please do not forget to spread the word!

Rev. Valerie

### Thought for May

With love by your side, you can heal, grow, forgive,  
move on, be moved, inspire, dare.

LOVE IS A SUPERPOWER.

### 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**.