

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



The Free Spirit

Rev. Valerie Freseman, Minister

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Church Office: (631) 765-3494

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

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

June 1, 2021

Services – Zoom Online

June 6, 2021 at 11:00 a.m.

“The Warm Up Act”

Let us celebrate the role of wonder and play in our lives.

Rev. Valerie Freseman

June 13, 2021 at 11:00 a.m.

“Flower Communion”

Join us for Flower Communion. Bring a flower to give away as we celebrate the beauty and diversity of our congregation.

Rev. Valerie Freseman

June 20, 2021 at 11:00 a.m.

“The Interdependent Web”

A talk on the interdependent web of all existence and the importance of mediating climate change through land conservation, sustainable gardening, and agriculture.

Susan Johnson, lay speaker

June 27, 2021 at 11:00 a.m.

Join us for viewing of a recent service from a recent General Assembly.

Coming Attractions!!!

June 1st – Covenant Group. Southold Library, 4:00 p.m. Topic: *The Power of Now*, by Eckhart Tolle

June 4th, 11th, 18th, 25th – Afternoon Tea. Online – Zoom, 4:00 p.m.- 5:00 p.m. A time for fellowship.

Coming Attractions (cont'd.)

June 9th – 8th Principle Meeting. Online – Zoom, 7:00 p.m. Are you curious about anti-racism in the UUA? Interested in finding out more about dismantling racism and the 8th Principle? Join Patte McManus for a brain storming session.

June 10th – 7 Principles Class 4: "A Free and Responsible Search for Truth and Meaning" Online - Zoom, 7:00 p.m.

Covenant Group

We will be meeting at the Southold Library, June 1, 4-5 pm.

So far, masks must be worn and there is a limit of 8 people. Please e-mail me, ginc289@optonline.net, if you would like to come. I will try Zoom again for those who cannot make it.

We are reading, *The Power of Now*, by Eckhart Tolle. Read the introduction and Chapter 1.

Bring a high and a low to share.

Also, for our June 6 service at Holy Trinity, bring food for us to take to the mini pantry behind the Arcade and quarters for our neighbors at the Greenport Laundromat.

In peace,
Ginny Cornell

PLOP!...

I see the ripples
on the water made
by the thrown stone.

You threw it for me
and said, "All we do
and say and think is
consequential."

I ride a widening ripple
and watch how
it spreads
verging on others
touching yet more orbs,

to see if who I am
is who I want to be.

Joe McKay, with thanks to spiritual guides everywhere



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

Notes from the Building Team

Please read my Building Team Report in the Annual Membership Meeting packet. That's all I have to report as of today. (5/25/2021)

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

Thought for June

The key to happiness...
is the decision to be happy.

Virtual Spring Arts Festival – Thank You!

We want to give a big “Thank You!” to the 30 local artists and performers who shared their special gifts with us to make our virtual Spring Arts Festival on May 6th – on Zoom – a delightful experience. It was a wonderful event, enjoyed by more than 50 viewers. The evening featured fine art, performance art, poetry readings, artist studio visits, music, and dance. (The festival video can still be viewed by clicking the link on the church website.)

Our thanks and appreciation to Suzette Reiss and her team for taking on this tremendous project, and ending our year with a truly memorable event!

Looking Back

**April Fool's Spaghetti Dinner at the church, 2012.
Ali and John, enjoying the fun!**

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 .

Beloved Community,

Just in time for flower communion, and our first attempts at in-person worship, we usher in the theme of "Play."

I came across this definition of play through a casual search:

In psychology and ethology (the science of animal behavior), play is defined as a **range of voluntary and internally motivated activities** (spontaneous actions), normally associated with **enjoyment and recreational pleasure**, which **are not usually related with a direct and immediate increase of survival** (or fitness) of the organism.

It seems as if our species, and all species, are wired to play – wired to be in active, non-competitive relation with one another, wired to actively relieve tension, wired to creativity. Being able to play does not seem at first to be the necessary prerequisite to hunting or getting ahead at the office, but it has unseen benefits – brain development in children, and social skills as well.

But most of all I think of play as an invitation to wonder – a most crucial spiritual trait.

I hope you will join me on June 6th and 13th as we start to ease back into in-person services. We will need all the help we can get to make that happen – as we may still be requiring masks and social distancing for a time. Please feel free to contact me or Ceil Loucka if you wish to volunteer on Sunday mornings. Margaret Brown and Susan Johnson are our new Worship chairs, and they are always looking to find people for Sunday services!

I will be away on study leave and vacation from Sunday, June 14th through July 5th, but there will be emergency pastoral coverage arranged – details will be available through the office.

Rev. Valerie

186th Annual Meeting

Thank you to everyone who was able to attend the church's Annual Meeting on Sunday, May 23rd. The new slate of officers, trustees, and committee co-/chairs was approved, along with the budget for the 2021-2022 church year. We thank those members who "retired" from their positions this year – Ed Booth, Ginny Cornell, Brian McManus, Cheryl Schneider and Susi Young – for their years of service to the congregation. We also thank our new trustees and co-/chairs – Margaret Brown, Bill Funke, Susan Johnson, Charles Lehner, Patte McManus and Robert Pond – for accepting the responsibilities of their respective positions. It is the hard work and dedication of our members and friends that keeps this community of faith going.

And thanks to everyone for your continuing support. This year's pledge drive resulted in an increase of \$6,000 in our pledges for the 2021-2022 year. That, combined with the outstanding work of Brian McManus and our Finance Committee this year, has put us in good shape to meet our operating expenses for the coming year. Thank you, one and all!

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**.