

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



The Free Spirit

Rev. Valerie Freseman, Minister

e-mail: FirstUMinister@optimum.net

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

August 1, 2021

Services – At Holy Trinity Church

August 1, 2021 at 11:00 a.m.

“Packing List”

Rev. Valerie Freseman

August 8, 2021 at 11:00 a.m.

“2021 Report from our General Assembly Delegates to the UU Association’s 60th Annual Meeting”

Patte McManus & Bill Funke

August 15, 2021 at 11:00 a.m.

“Slow Food”

Rev. Valerie Freseman

August 22, 2021 at 11:00 a.m.

“Zen and the Art of Everything”

Mary James, lay speaker

August 29, 2021 at 11:00 a.m.

“Living Well at the End of Life”

Susan Johnson, lay speaker

Coming Attractions!!!

August 3rd – Covenant Group. Southold Library, 4:00 p.m. Topic: *The Power of Now* by Eckhart Tolle

August 8th – Social Action Committee Meeting. Immediately following Sunday Service at Holy Trinity

August 12th – 7 Principles Class 6: The sixth principle: “The Goal of a World Community with Peace, Liberty and Justice for All” Online - Zoom, 7:00 p.m.

Covenant Group

Please join us August 3, Tuesday, 4-5 pm at the Southold Free Library. We meet upstairs in a large room. All are welcome.

We will be reading chapters 3-6 from *The Power of Now* by Eckhart Tolle. I think you will be fascinated with the part about slowing down the aging process!!

In peace,
Ginny Cornell

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.

News from the Social Action Committee (SAC)

(Please read “News from SAC” in July issue of *The Free Spirit* for background from June 9th brainstorming session and a short list of topics/projects we will be working on this year.)

The Social Action Committee held its second meeting on Sunday, July 11, 2021, following the service at Holy Trinity.

We want to thank the Board for supporting our request that First U of Southold become a founding member of the advocacy network, New York Unitarian Universalist Justice, or NYUJJ (pronounced “nudge”). Among other initiatives, NYUJJ is focusing on “implementation of the Climate Leadership and Community Protection Act and passing the Climate and Community Investment Act.” To see their mission and vision statements and 2021 work timeline, visit their website <https://www.nyuuj.org> and while there, subscribe to their email list. (At the June 23rd Board meeting, it was unanimously decided to make a financial contribution to NYUJJ by donating the congregation’s First Sunday collections for four (4) months. Sunday, August 1st, will be the 2nd of those four First Sunday plate collections.)

Most of the meeting was spent discussing the Business Agenda of the 2021 General Assembly, which included:

- a) Actions of Immediate Witness
 - The COVID-19 Pandemic: Justice, Healing, Courage:
 - Defend and Advocate with Transgender, Non-binary, and Intersex Communities;
 - Stop Voter Suppression and Partner for Voting Rights and a Multiracial Democracy;
- b) 2021 UUA Statement of Conscience (SOC)
 - Undoing Systemic White Supremacy: A Call to Prophetic Action;
- c) Responsive Resolutions
 - Article II Responsive Resolution (UUA Bylaws, Principles and Purposes); and
 - Divestment Responsive Resolution.

The meeting ended with agreement that one-hour SAC meetings will be held on the 2nd Sunday of each month, immediately after service at Holy Trinity. Additional / separate meetings may be scheduled as projects evolve and we get deeper into 8th Principle work.

If you have any questions or suggestions, call/text Patte McManus at (631) 997-9405, or email <pattemcgoo@yahoo.com>. Better yet, bring your input and ideas to the next SAC meeting, on Sunday, August 8th right after 11am worship.

Respectfully submitted,
Patte McManus, Chair
Social Action Committee 2020-2021

Notes from the Building Team

Recent addition to the team, Owner's Rep, Brian Davis and the Building Team have worked on a room/space diagram for the new church – that works well within our building budget. This new information will be given to Architect Peter Marren for development of the floor plan. With a smaller overall space, the room arrangement will change, as well as the work of the site planner and the engineer.

On Tuesday, July 27th the Board voted to have Peter Marren receive the re-conceptualized smaller space diagram for review and room placement design decisions. We will keep you posted on the progress.

Irene Stewart,
Building Team Chair

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**.

Beloved Community,

I do not know about you, but I feel an energetic atmosphere permeating the North Fork. There is the usual uptick in cars during the summer season, but also a kind of affirmation of life. Maybe it is the lifting of some COVID restrictions; maybe it is typical for the summer. I love looking at the flora of the North Fork – sometimes I take “photograph the flowers” walks to help me wind down, and all around me there is an abundance of sunflowers at the farm-stands, hydrangeas that look amazing, and all around such a care and attention paid to natural beauty which I think is the hallmark of people who have lived here for generations and have farmed or gotten their living from the ocean.

Nature teaches us, amongst other things, to take time to look at what is happening around us, to consider the conditions of the soil, the impact of rain, and, ultimately, the effects of the changes we have wrought. It is easy to get overwhelmed when we recognize that every action we take – from ensuring that energy is not wasted during a time when we need increased air conditioning, to using as little plastic as possible, to choosing how much to drive – has an impact on the interdependent web which we, as Unitarian Universalists, consider a central pillar of our faith.

As you consider this liminal time, when we continue to live the mission of the congregation in a new era, what makes you think about the interdependent web? How do we navigate a changed world? Do you have gratitude for what you have learned?

One of the things we are now called upon to consider is multi-platform ministry – that is, how do we become as welcoming to everyone who needs the ministry of the church as we can, considering our resources? Can we reach people for whom attendance on Sundays is difficult? How do we accomplish this? How do we equip ourselves to become the community we wish to become?

I hope that we will explore the importance of mission as we consider our role in the interdependent web, and in the energy of the North Fork, and clarify what it is we are called upon to do during this next year and hopefully beyond.

Rev. Valerie

Memorial Service for Peter Young

A memorial service for Peter Young will take place in Southold on Sunday, August 22 at 4:00 p.m. Rev. Valerie will be leading the service. Please call Susi for directions at 631.765.1590.

Thanks to everyone for your continued support and kindness.

Would you like to help?

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

A Note from Charlotte Day

Anyone interested in practicing hymns or songs in the service should arrive at 10am at Holy Trinity. Before the service, Charlotte will be rehearsing the music for that Sunday. For more info, contact Charlotte at (631) 765-4047 or at chotzie.day@gmail.com

Membership Directory

We are in the process of updating the Membership Directory. Please forward any changes you have to Joan Murray at SoutholdUU@optonline.net. The deadline is August 12th. Thank you!

Thoughts on Spirit

“Oh, What a Lovely Mess!”

We don't often give voice to this, but we know, down not so deep, that each of us is a product of, and an instrument of, evolution... both at the same time. We haul the past into the present, we live in each moment, and we create the future ... our own and our collective future.

Reflecting on *my* life from this perspective, I see what a messy business Life is. But what a lovely mess! What a hodgepodge of stuff we must use as clay to mold our ongoingness. It's like a gigantic tumbler into which everything is poured and then shaken.

First, there's our inherited genes and past family history stretching back over millennia! Dwell on what you know of these from time to time and see how they've made you who you are now (just imagine the rest!).

Then there's everything we own, think, learn, feel, eat, hate, love, speak, hear and say, day-by-day over a lifetime; everyone we know; everything that makes an impression on us.

Zooming *in* on myself now, and then *out* on all of us collectively through history, I see the relationship, I see that I am naught but “a chip off the old block.” I see that what goes on with me is the same, in microcosm, as what goes on with the whole world... that my personal history is a bit of world history.

But I realize my tendency to judge myself more harshly than I do the collective we. I tend to respect “the lessons of history” ... which to me means forgiving for the sake of learning and improving as we move on.

And so, I make up my heart and mind to regard everything in my own individual life's path as a guidepost.... to the next day, and to my ongoing life. I will strive to have no regrets, no second guessing, only continual learning about the best way to mold the clay!

Joe Mc Kay
August 2021

Thought for August

We've been waiting for Summer...
and here it is!
Enjoy yourself!

Looking Back



Church School
Left to Right:
Robert, Jessica, Grandma Julie, and Melissa

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 .