

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

September 1, 2021

Services – at Holy Trinity Church

September 5, 2021 at 11:00 a.m.

“Question Box Sunday”

Please bring your questions for our annual, improvised service of open-ended questions and reflections.

Rev. Valerie Freseman

September 12, 2021 at 11:00 a.m.

“What Will Shake Us Free?”

Rev. Valerie Freseman

September 19, 2021 at 11:00 a.m.

Steve Wick will speak about his experiences as an editor for a local newspaper.

Steve Wick, Senior Editor, *Suffolk Times/News Review*

September 26, 2021 at 11:00 a.m.

Doug Hardy will give a talk about his experiences and travel with the Inuit people in the Arctic.

Doug Hardy, lay speaker

Coming Attractions!!!

Sept. 4th – Back-to-School Drive-through Collection for CAST. Church grounds, 10:00 a.m. – Noon.
Please help us support CAST by donating school supplies for children in our community.

Sept. 5th – First Sunday “Share the Plate.” This will be the 3rd of 4 collections that we are making to fulfill our commitment as a founding member of NYUJ. We are almost halfway to our goal!

Sept. 7th – Covenant Group. Southold Library, 4:00 p.m. Topic: *The Power of Now* by Eckhart Tolle

Sept. 9th – Social Action Committee & 8th Principle Task Force. Online – Zoom, 4:00 p.m.

Coming Attractions!!! (cont'd.)

Sept. 16th – 7 Principles Class 7: The 7th principle: “The Interdependent Web” Online - Zoom, 7:00 p.m.

Sept. 22nd – Worship Refresher. A Zoom meeting for all those who would like to participate in Sunday worship. We will discuss volunteer roles and sign-ups. Zoom, 6:00 p.m.

Sept. 23rd – Sunset Gathering. An evening prayer circle, online – Zoom, 6:00 p.m.

Covenant Group

We will be meeting Tuesday, Sept. 7th, 4-5 pm upstairs in the Southold Free Library. All are welcome. There is plenty of room to spread out. Bring a high and a low to share with the group.

Read chapters 7-10 from *The Power of Now* by Eckhart Tolle.

The power of choice – yo.u have it. But, you forfeit it when you imagine that you can choose for others. You can’t, but, you can choose for yourself... what are you waiting for?

In peace,
Ginny Cornell

Beloved Community,

This September we start out the year with the theme of “Embracing Possibility.”

Of all spiritual gifts that can inspire both individual and collective growth, embracing possibility is the least cultivated. When we find a community, practice, or belief that holds true and helps us, we can sometimes hold on to it too long. What worked to get us through a traumatic time in the past became a habit that wears thin like Linus’s security blanket – no longer useful except through sentiment. New habits need to emerge for us to adapt. Sometimes this seems like a task filled with dread. But it can also be a task filled with joy.

What are some of the new ways we can serve our community, and further our own growth? What possibilities exist if we can consider a multi-platform model of doing ministry – a model that will likely continue for years after COVID seems a threat?

The internet makes it possible for us to serve people of all ages and backgrounds. When it comes to creating collaborative spaces for people to educate one another and support one another in this community – regardless of whether you are a member or not – there are possibilities. This past spring our Harvest of the Arts served the community in a way we might never have considered years ago. In the future, we may sponsor an event that trains the wider community on an area of community concern – such as stopping overdose deaths through training on the use of Narcan, or how to access benefits for the elderly on the North Fork.

Having a sense of appreciation and possibility is the leading edge of hope. The risky is not necessarily the reckless. Possibility lures us forward into the “what if” and away from the “it can never.” Having this ethic of “what if” is at the core of having trust and faith in what we believe, and what we can accomplish together. Embracing possibility will never steer us wrong – unless we fail to do it.

Rev. Valerie

Do you have a news item, announcement, or picture for *The Free Spirit*? You may send it to Susan Pond at suepond58@gmail.com, or mail it to the church post office box.

A special message...

Thank you, everyone, for your friendship. I have been very involved at the church for a long time. I must back away now. (Since February I have not been well.) I love you. Have fun building your lovely new church.

Irene Stewart

News from the Social Action Committee (SAC)

The in-person SAC meeting scheduled for Aug. 8th was rescheduled to a Zoom meeting on Aug. 19th due to new Covid-19 guidelines. Our congregation was invited to attend several meetings of interest after the 8th. Following are a few highlights of those meetings:

August 11, 2021, 8-9:30pm, 8th Principle Learning Community Meeting, hosted by Paula Cole Jones. Topic: The 8th Principle, Voting Rights, and the Democratic Process. An 18-page synopsis, Report: Lessons on Electoral Organizing in the 2020 Election, is available by visiting <https://www.uuthevote.org>.

August 16, 2021, 7:30-8:30pm, LIAC Social Justice Roundtable, hosted by Mary Beth Guyther. This was an update by member congregations of their 2020-2021 social justice activities and plans for the upcoming year. Also discussed was UUA Organizing School which has been supporting congregations with UU the Vote activities. An email was sent by LIAC to Nicole Presley at UUA to find out if we might be selected to participate in their six-week training program this year. Google "Andrea Miller, Reclaim Our Vote," if interested in phone banking / texting / mailing post cards to voters.

August 17, 2021, 7-8:30pm, New York UU Justice (NYUUJ) This was a statewide "Connect with UU Activists" attended by members of the now 20 founding congregations. A history / timeline of the creation of NYUUJ to date was reviewed. You can get a copy by visiting their website at <http://www.nyuuj.org>.

The group identified the top four issues for legislative advocacy as:

- Housing / homelessness
- Police accountability
- Climate
- Racial justice

In our SAC meeting, a number of issues were briefly mentioned. It seems that in addition to our focus on the 8th Principle this year, our focus is overwhelmingly concern over the environment and climate justice.

This is where we need input from the congregation. We started a list, to which we will add your suggestions of specific local issues to which our attention will make a difference. These will be used to create Action Steps. Please get your ideas, thoughts to me prior to our next Zoom meeting on Thursday, Sept. 9th, at 4:00pm.

Let's make our actions match our values,
Patte McManus, SAC Chair
(631) 997-9405, pattemcgoo@yahoo.com

Thoughts on Spirit

“Be Kind ...Just Always Be Kind”

I found this quote in my morning reading and it grabbed me:

“Be kind, just always be kind, for everyone you meet is fighting a great battle.”

It is attributed to Philo Judaeus of Alexandria, a Greek Rabbi who taught spiritual lessons thru allegory. He was criticized by the rabbinical establishment of his day for his departure from traditional scholarly (boring, incomprehensible) lessonizing. As he lived around the same time, I couldn't help but see a connection to Jesus's teaching through parables, and to *his* lack of popularity, to say the least, among orthodox teachers.

Isn't it easier to visualize, and to feel, the idea that “everyone you meet is fighting a great battle,” which begs your empathy, than is the less personal dictum “love thy neighbor as thyself?”

So... three cheers, I say, for Philo of Alexandria, as Wikipedia calls him, and for Jesus, too!

We can easily forget that everyone we encounter faces difficult challenges and decisions and suffering and heartache just as we do. On that basis alone, they are deserving of our consideration. But we get wrapped up in our own life “stuff” and imagine that everyone else is fine, ok, and going about their lives without the Sturm and Drang we experience... or, more likely, we don't think about them at all.

Think of what *your* day was like today.... Surely it did not pass without some strain. And doesn't it help soften it when a friend says or does something kind? Or when a total stranger in an aisle at the supermarket sees you straining to reach something on a high shelf and reaches up for it and hands it to you with a smile? Doesn't such a small thing somehow make your life seem better? And make any troubles you have feel lighter?

That stranger is *your* Good Samaritan!

When you practice kindness in little things, and reap the emotional rewards, you become a Good Samaritan to others. And you get better and better at finding opportunities to be kind, at noticing other people and sensing when they need a kind word, a good ear, a hug, or a helping hand. And you make your own life easier, more pleasant, and richer as you share it with others.

The “great battle” of the quote above might sometimes be a major event; more often, it is simply an accumulation of many smaller things going on. But you never know with strangers, your “neighbors” in life.... So, it pays, and pays off, to “be kind... just always be kind.”

Joe Mc Kay, September 2021

Looking Back...



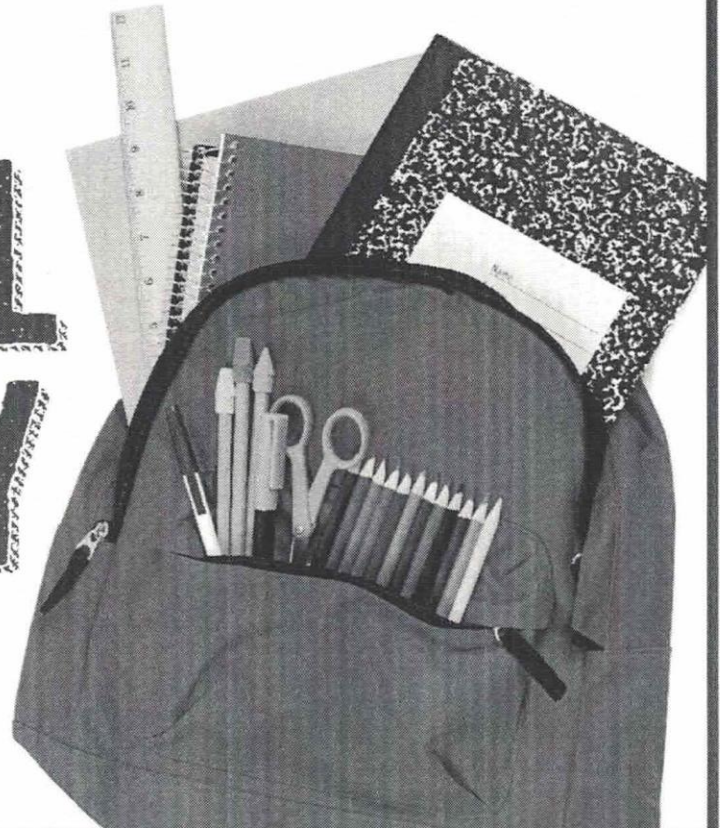
...Chris Young

CAST Back-to-School Drive-thru Collection Church parking lot Saturday, Sept. 4, 10am - Noon

NEIGHBORS HELPING NEIGHBORS

CAST

SCHOOL SUPPLY DRIVE



HELP FILL BACK-TO-SCHOOL BACKPACKS FOR LOCAL KIDS!

We need 300 backpacks for all ages, along with:

calculators
colored pencils
composition books
crayons
dividers / folders

dry erase markers
erasers
glue / glue sticks
graph paper
highlighters

index cards
loose leaf binders
loose leaf paper
markers
paper clips

pencil boxes / cases
pencil sharpeners
pencils / pens
post-its
protractors

rulers
scissors
spiral notebooks
USB flash drives

COMMUNITY ACTION SOUTHOLD TOWN, INC. • 631-477-1717 • castsouthold

Wish List...