

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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October 1, 2021

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## **Services – at Holy Trinity Church**

October 3, 2021 at 11:00 a.m.

### **“Secret Santa Swap”**

What is community, and what are some ways we can build it?

Rev. Valerie Freseman

October 10, 2021 at 11:00 a.m.

### **“Building a Beloved Community”**

The service will focus on the 8<sup>th</sup> Principle.

Patte McManus, lay speaker

October 17, 2021 at 11:00 a.m.

### **“#togetherapart”**

What can we learn about the best and worst ways to experience being alone?

Rev. Valerie Freseman

October 24, 2021 at 11:00 a.m.

### **“In Praise of Conflict”**

Rev. Valerie Freseman

October 31, 2021 at 11:00 a.m.

### **“Oh, What a Lovely Mess”**

Reflections on expectations in a messy world.

Joe McKay, lay speaker

**Coming Attractions!!!**

**Oct. 5<sup>th</sup> – Covenant Group.** Southold Library, 4:00 p.m. Topic: *The War for Kindness* by Jamil Zaki.

**Oct. 9<sup>th</sup> – Poetry as a Spiritual Practice.** Holy Trinity, time TBA, led by Mary James.

**Oct. 13<sup>th</sup> – Social Action Committee & 8th Principle Task Force.** Online – Zoom, 4:00 p.m.

**Oct. 21<sup>st</sup> – Sunset Gathering.** An evening prayer circle, online – Zoom, 6:00 p.m. Topic: Cultivating Relationship.

**Oct. 26<sup>th</sup> – Board Meeting.** Parsonage, 4:00 p.m. All are welcome to join via Zoom.

**Covenant Group**

Please join us, Tuesday, Oct. 5<sup>th</sup>, 4-5 pm upstairs in the Southold Free Library. We will be reading *The War for Kindness: Building Empathy in a Fractured World* by Jamil Zaki.

Bring a high and a low to share with the group. Also, bring food for Holy Trinity Church pantry and quarters for our friends at the Greenport Laundromat on Sundays.

In peace,  
Ginny Cornell

**News from the Building Team**

Great changes have been made in the Building Team. We have a new chair (Mark Sisson), a new owner's representative (Brian Davis) and a new architect (Raymond Calamari), but we continue to work diligently to get our church building into the ground. The Building Team will welcome input from the congregation and will be updating everyone as soon as possible while we work closely with Mr. Calamari on a design we can all be proud of, and Mr. Davis facilitates the intricacies of getting our design through the permitting process.

**Looking Back...**

If you have any pictures of past events at the church, please send them to me, with names, date and event. ([ginc289@optonline.net](mailto:ginc289@optonline.net)) Or perhaps you have a story from the past that you would like to share.

This is a picture of, left to right, Becky Terry, Fred Mazzaferro, Frank Mazzaferro, Dot Mazzaferro and Kay Mazzaferro.

Get well wishes to Dot as she is recovering from surgery. Her address is 670 Park Way, Southold, NY 11971.

Beloved Community,

What are the words in our order of service really for?

Every open community that accepts new members engages in something called “relationship building.” When you enter a new school system, or join a faith community, or seek to find a like-minded group of folks to engage in a hobby, you are, whether you realize it or not, cultivating relationship. This happens online as well. Who we are in contact with, how we speak to them, and what we choose to reveal about ourselves sets us up for healthy connection or creates the conditions for harm. When we consider coming together on Zoom, on social media, in person, or in the grocery store, different rules apply, different disappointments and different joys. We set those norms and boundaries by what we say and how we behave.

Our words in our order of service – particularly our affirmation, “Love is the spirit of this church,” and our chalice lighting – say something about the relationships we want to cultivate, and how we wish to behave. It is easy to gloss over these words as rote, but with anything we choose as our touchstone behaviors and words, we do well to come back to them. They are both a reminder to each other and a signal of what we believe to newcomers. Our liturgy seeks to re-affirm who we are, even when our individual lives and our relationships change over time – as they must change because our needs and life experience change us.

“Love is the spirit of this church, and service its law” – We are bound to be in service and seek to relate our values and our aspirations to the world through service.

“To dwell together in peace, to seek the truth in love, and to help one another” – Seeking the truth in love means creating healthy spaces in which we can reveal each other’s truth. The speaking of truth requires courage and vulnerability – and if that space does not exist already, then all our conflicts will become destructive, rather than constructive. To have peace, we cultivate relationship.

This month, let’s explore the strengthening of relationship and connection, and how we can practice the art of being human in community. It is more than the words we say – it is what inspires us, what connects us, and what makes us want to help the world. It underlies our efforts to become anti-racist and to help to bring about a more sustainable future. And it defines our spiritual growth.

Amen, Ashe, Shalom, and Blessed Be.  
Rev. Valerie

### Back-to-School Drive-through Drop-off for CAST



Thanks to generous support from the congregation and the community, it was a **HUGE** success!!

### News from the Social Action Committee (SAC)

At the monthly meeting held on Thursday, September 9, 2021 at 4pm via Zoom, the first order of Business was a review of our financial commitment to NYUJJ. Founding member congregations were asked to contribute .01% of their 2021-2022 operations budget, for which our Board of Trustees allocated four First Sunday "Share the Plate" collections. SAC is grateful to announce that, after three months, we've exceeded our goal of \$ 380.00. Therefore, we're asking the Board to approve:

- 1) allocation of the designated funds from the first three collections to NYUJJ; and,
- 2) utilization of funds raised at the planned fourth collection toward an Opioid Overdose Prevention Training which would be open to the community.

We discussed a beach cleanup, but most of the local cleanups will have occurred before the publication of October's "The Free Spirit." And while the official International Cleanup season extends through December 31st, be assured, I'm not the North Country woman I used to be. Sooo, I'm looking to get something together in the last two weeks of October, "before the weather turns too cool." I will be sending out a notice with more information about this event as well as upcoming Stop Throwing Out Pollutants (S.T.O.P.) events which you will probably receive shortly after you read this issue of "The Free Spirit." Check your email! I will also be sending information regarding the 8th Principle, prior to the Worship Service presentation that I'm doing on Sunday, October 10th entitled "Building Beloved Community." Again, check your email / junk mail.

Our 2021-2022 "Wish List" of issues to undertake was modified with input from members of the congregation. We can't do everything that we want but we can make a larger impact through joint action with other organizations, in addition to our alliance with LIAC & NYUJJ. To that end, SAC members each chose a local group to research, contact, and find out if they are interested in our wish to share resources / discuss ideas about how we can support their initiatives. The groups we are are looking to connect with are:

- North Fork Audubon
- North Fork Environmental Council (NFEC)
- OLA of Eastern Long Island
- Peconic Land Trust
- Rural & Migrant Ministry - Amanda LI Worker Education Center
- Save the Sound

If there is a local group that you want to see on this list, please bring that information to our next Zoom meeting on Wednesday (yes, Wednesday) October 13th at 4:00pm.

In the words of Rashida Costa, "Words are from the lips, actions are from the heart."

Patte McManus, SAC Chair  
(631) 997-9405, [pattemcgoo@yahoo.com](mailto:pattemcgoo@yahoo.com)

### Thought for October...

It is the purpose of our lives  
to bring about a better world.

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