

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/> email address: SoutholdUU@optonline.net

March 1, 2022

**** PLEASE NOTE ** Sunday worship will be online for the month of March.**

Services

Sunday, March 6, 11:00 a.m. – Zoom online

“What it means to be a Unitarian”

A heavenly discourse with the late Rev. Don McKinney.
Sherry Smith, lay speaker

Sunday, March 13, 11:00 a.m. – Zoom online

“The Subversive Optimist”

Rev. Valerie Freseman

Sunday, March 20, 11:00 a.m. – Zoom online

“The Container of Light”

Rabbi Gadi Capela, Congregation Tifereth Israel

Sunday, March 27, 11:00 a.m. – Zoom online

“The Faith of a Skeptic”

Rev. Valerie Freseman

Coming Attractions!!! ** If you have questions about any of our programs, please email us at **

**** SoutholdUU@optonline.net ****

March 1st – Covenant Group. Southold Library, 4:00 p.m. Topic: “Life Is Messy”

Coming Attractions!!! (cont'd.)

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

March 17th – Spiritual Practice. Online – Zoom, 7:00 p.m. Topic: “Sacred Text”

March 22nd – Board Meeting. Online – Zoom, 4:00 p.m. All are welcome.

March 26th – Drive-thru collection for Shinnecock Families and Children. 12:00 p.m. – 2:00 p.m., church parking lot. *See SAC report on pg. 4 for details.*

March 27th – Fellowship Appreciation Celebration. Online – Zoom. 12:00 p.m.

Covenant Group

Please join us at the Southold Free Library (masks required), March 1, 2022, 4-5 p.m., upstairs. All are welcome.

Our topic is: “Life Is Messy.” Why is life so messy? What are we going to do about it? Do we really want to do something about it? Join us, and help us answer these questions.

Please remember to save non-perishable food and quarters for when we return to Holy Trinity.

“Death is simple. Life is messy. Give me life, the more complicated, the better.”

Tom Robins

In peace,

Ginny Cornell

Ginc289@optonline.net

Spiritual Practice: Sacred Text

March 17, 2022, 7:00 p.m.

This will be the first in a series of Zoom gatherings to examine what sacred text could mean in Unitarian Universalism. We will be drawing on the book, *Scripture Unbound*, by Jonalu Johnstone to begin our process, though it is not necessary to purchase the book for the class. A registration notice will be sent out so that those who plan on attending can receive copies of the texts to study in advance. Led by Rev. Valerie.

Fellowship Appreciation Celebration

March 27, 2022, 12:00 p.m.

Please join us – members and friends – on Zoom, following the service at about noon, as we celebrate what we accomplished this past year and look at what is ahead of us in the next.

And be sure to stop by the church parking lot the day before – Saturday, March 26th – to drop off items for the Shinnecock Families & Children at the drive-through (details on pg. 4), share some hot chocolate, and pick up your special care package – in celebration of spring, renewal and fellowship!

Dear Beloved Community

These are the times when the soul starts itching a little – looking for things that will relieve the tension, looking for a way out of its shell. What is it we are supposed to do when we become dissatisfied, and we cannot fathom the source of that dissatisfaction?

This month, the Soul Matters theme of “Renewing Faith” provides us with an opportunity to think about the ways we can examine our dissatisfaction and come out the other side with a sense of hope and renewal.

Faith can be a tricky word for many Unitarian Universalists who equate faith with belief in God, or the possibility of supernatural intervention. But faith is about a kind of higher-level trust, a trust that comes from accepting that there is something more than us – even if that “more than us” is really the sum of us. It is our ability to find ways to deepen and renew our faith that helps us survive.

Spending time on practices and activities that help us define and renew faith are essential, and for each person – and each community – they may be different. A community of artists may gather to support each other through writer’s or artist’s block. A family may gather every year at a reunion which presents an opportunity to relive memories and pass along traditions to the younger generation. Many people need a change in scenario or time spent in nature to renew their faith. Time spent mentoring youth renews our faith in the future. And time engaging with others in social action work or community service is the most impactful way I know to renew your faith in society.

As Unitarian Universalists, we have a wide range of tools available to us to renew our faith – something which is necessary at many points in our lives. Even when we feel no “soul itch,” a regular practice of renewing our faith is a worthy endeavor – something that is “baked in” to many faith traditions through observances like Lent, Yom Kippur, Ramadan, and the various pilgrimage routes around the world.

As we travel towards spring, let us find ways to affirm one another in our desire to renew our faith, trusting that beloved community is the sanctuary that will embolden us to ask and answer our most important questions.

Rev. Valerie Freseman

News from the Building Team

The Building Team held a Question and Answer session January 30 with our architect, Raymond Calamari, and our owner's representative, Brian Davis, after the Sunday service. There were several well-thought-out suggestions made from the congregation. (A video of the session has been loaded onto the Church's Facebook page and this is a link to the video on YouTube channel: <https://www.youtube.com/watch?v=ianH-Xn7zTU>) Subsequently, the BT met again with Mssrs. Davis and Calamari via Zoom, where those ideas were addressed and updates examined. In addition, there was a "Kitchen Task Force" assembled to discuss the layout of the kitchen in the new building. The suggestions generated have been incorporated into one of the more important functions of our new church. Mr. Calamari continues to deal with Southold Town permitting and is confident we will be breaking ground this spring. The BT will be meeting again in early March and will have another Q&A session with the congregation soon after.

Mark Sisson, Chair
Building Team

News from the Social Action Committee (SAC) & 8th Principle Task Force

Hope you enjoyed UUA's **30 Days of Love 2022** that took place between Martin Luther King weekend and Valentine's Day. Each of the four weeks was jam-packed with a "playlist" or "menu" of activities focused on Side With Love's justice priorities. Many of the opportunities to Read, Watch, Act, Listen and Worship are still available at <https://sidewithlove.org> >30-days-of-love, including the Side With Love Sunday service.

The third and last **Share The Plate (STP)** collection for the **Shinnecock Families and Children** is on **Sun. March 6, 2022**. We will **also** be holding a **drive-through collection of non-food items and monetary donations on Sat., March 26th, 12 noon - 2:00pm** at back of our church parking. A list of needed item includes, but is not limited to:

- Baby diapers (esp. sizes 4,5,6)
- Laundry detergent / dish soap
- Toilet paper / paper towels
- Feminine monthly hygiene products
- Diaper cream / baby lotion & wipes
- Incontinent supplies
- Shampoo and conditioner
- Toothpaste and toothbrushes

* Remember that old saying, "March comes in like a lion and leaves like a lamb"? Well, this year the first day of Spring is March 20th. BUT, just in case there is more lion than lamb around on March 26th, we will be serving hot chocolate at the drive-through. *You'll also be able to pick up your care package for the Sunday, March 27th Fellowship Appreciation Event. See page 2 for more details.*

After Rev. Valerie and I attended **Jubilee Three Anti-Racism Training**, we were so impressed, with the trainers and content that we wished everyone would have an opportunity to have the same experience. To that end, SAC is offering a 50% scholarship for the upcoming workshop, bringing the \$170 registration fee to \$85. The online webinar (**Fri., April 1st, 6-9pm; Sat. April 2nd, 9am-8:30pm; and, Sun. April 3rd, 12 noon-6:30 pm**) is well worth the personal investment toward building Beloved Community. For detailed info / to register, go to <https://www.uua.org> >central-east, then scroll down to "Featured Program." There is a limit of 70 participants for this training – the deadline for registration is March 27th.

The **next meeting of SAC & 8th Principle Task Force will be on 3/9/2022 (second Wednesday of the month) at 4:00pm via Zoom**. On the agenda will be continued prep for bringing 8th Principle to the congregation for a vote at the Annual Meeting on May 22, 2022. Additionally, we will follow up on two lively discussions brought up by Sunday lay speakers:

- Sylvia Baruch about "Language Justice," and,
- Mark Haubner, VP, NFEC around the dark-sky movement.

Please join us – we want and need your input. If you have any questions, please contact me: pattemcgoo@yahoo.com or (631) 997-9405.

Patte McManus, Chair
Social Action Committee & 8th Principle Task Force

Correction

The annual Contribution of Record sent out to members and friends for their Calendar Year 2021 Income Taxes went out in two batches. Unfortunately, those with the "mailing date" of February 1st will note that it reads 2021 and should read 2022. For those inconvenienced by this, I apologize. If you need a revised version, please contact Patte McManus, Receiver: 631-997-9405 or pattemcgoo@yahoo.com.