

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

February 1, 2022

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

Services

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

“Language Justice”

Sylvia Baruch, lay speaker

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

“The Edict of Southold”

Rev. Valerie Freseman

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

“Work of the North Fork Environmental Council”

Mark Haubner, VP, NFEC

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

“The Perfect Picnic”

Rev. Valerie Freseman

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

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

January 30th – Q & A with Building Team and Brian Davis. Online – Zoom, 12:15 p.m.
following the worship service.

Coming Attractions!!! (cont'd.)

February 1st – Covenant Group. Southold Library, 4:00 p.m. Topic: “Forgiveness”

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

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

You're Invited !

The Building Team would like to invite you to a Zoom Q & A session, with our Owner's Representative Brian Davis, Sunday, January 30, after the service to update everyone on the plans for our new church. The BT has been working diligently with Brian and architect Raymond Calamari, and we are very excited to show where we are and where we're going.

Make a note to drop in!

Covenant Group

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

Our topic is: “Forgiveness.” All are welcome. We are reading, ***The Book of Forgiving***, written by Desmond Tutu and Mpho Tutu. “With each act of forgiveness, whether small or great, we move toward wholeness.” We will discuss why we should forgive.

Please remember to save quarters for when we return to Holy Trinity.

In peace,
Ginny Cornell
Ginc289@optonline.net

Notice

The annual “Contribution of Record” mailing is going out this week to members and friends for their calendar year 2021 income taxes. If you haven't received yours via email or USPS by February 14th, please contact Patte McManus, Receiver: 631-997-9405 or pattemcgoo@yahoo.com.

And our thanks to everyone for your continued support of the work of this faith community.

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.

The deadline for submissions is the 20th of each month. Thank you.

Dear Southoldian Unitarian Universalists,

We communicate much from the orientation and nature of our gathering spaces.

In some earth-centered traditions, worship is arranged in a circle – people are often expected to be outdoors, with the focal point being the altar where one honors one’s connection to the passing seasons, or to the four elements. To outsiders, it can seem like a circle of folks gathered around a kind of picnic table, but it serves to remind people of interdependence and of what flows to us from the four cardinal points of the compass.

In most other faith communities, the assembled gather in chairs or on the ground and face in one direction – either toward Mecca, for example, or toward the speaker.

Orientation and space become just as important as shape when it comes to the subtle cues we send to one another. A person who comes in late and takes their place in the last row of the sanctuary may go largely unnoticed if they leave early, but if someone enters a circle after it has already taken shape, the circle must be enlarged. We therefore notice them and are compelled to make room for them.

It seems to me we should be “forward-facing, circular people,” in that we should be fixed on goals, hopes, dreams and plans we have for the world, and yet mindful of the ways in which we could expand our community and our experience by making room for another person. In this way, we change ourselves and create space for others to be changed. This is the heart of our work together.

As always, I welcome your suggestions for ways in which you would like to learn and expand your ministry. Stay warm and keep the faith – and please join us as we journey a bit further into expanding into our work on the 8th principle. We will always be connected even if we cannot be always in each other’s presence.

Rev. Valerie Freseman



Thought for the month...

Take Heart

We are here to create a better world!

Aging Gracefully

The UU Congregation at Bridgehampton is offering an information-full series of programs on Zoom regarding aging. Topics include making financial decisions, taking charge of your medical care, caring for aging parents, and nurturing relationships. The sessions will be held on: February 20, March 20, April 3, and May 22. All at 7 p.m. The sessions are free and open to all Unitarian Universalists. For further information and the Zoom links, go to www.uucsf.org.

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

As you know, SAC asked and received approval, at the December Board meeting, for three First Sunday “Share the Plate” (STP) collections to benefit the **Shinnecock Families and Children**, in Riverhead. We collected \$135.00 at the 1/6/2022 First Sunday service and will be holding two more collections on the First Sundays of February and March.

We also plan to hold a collection of non-food items not often found at Food Banks and not covered, or inadequately covered, by Supplemental Nutrition Assistance Program (SNAP, formerly called and commonly known as food stamps) and Women, Infants, and Children (WIC). Depending on weather conditions and COVID concerns, we will hold either a **drive-thru OR in-person Sunday service collection** in March (date to be determined). The list of needed items includes, but is not limited to:

- Laundry detergent / dish soap
- Toilet paper / paper towels / tissues
- Diapers (esp. sizes 4,5,6) and diaper cream
- Incontinent supplies
- Personal hygiene products
- Baby lotion and wipes

At our January 12th meeting, discussion was primarily focused on adoption of the **8th Principle** by our congregation. Upcoming steps were presented at the 1/16/2022 Sunday Worship service entitled, “**Plans for a Beloved Community**,” which is available to view on the congregation’s Facebook page for those who were unable to attend. It was determined that plan modifications will be further discussed at the **next meeting of SAC & the 8th Principle Task Force: Feb. 9, 2022 (second Wed. of the month) at 4:00 pm via Zoom.**

This decision was made in order to incorporate ideas Rev. Valerie and I have after our completion of the acclaimed **UUA Jubilee Three Anti-Racism Training** (Fri., Jan. 14th to Sun., Jan. 16th) which was locally hosted by Long Island Area Council (**LIAC**). When COVID-19 caused the cancellation of five in-person Jubilee Workshops, the trainers did a complete redesign of the format and materials. Keeping the group to about 70 participants, they managed to create the intimacy of a face-to-face event in a virtual environment. According to Paula Cole Jones (one of the trainers and a co-author of the 8th Principle), their “intention [was] to help equip you to have a keener eye, wiser heart, and deeper commitment to the work of building and being a part of more jUUst and inclusive communities.”

BTW: The next highly informative and worthwhile Jubilee Three Workshop is scheduled for 6:00 pm, Fri., April 1st through 6:30 pm, Sun, April 3rd, and I highly recommend it for your consideration. It sounds intense – and it is – but the trainers have “built in ample time for breaks and your renewal.” If you have any questions, please contact me: pattemcgoo@yahoo.com or (631) 997-9405.

Quote of the Month is actually two from Poet Laureate and activist Amanda S.C. Gorman: “*There is always light. If only we’re brave enough to see it. If only we’re brave enough to be it.*”

“*For while we have our eyes on the future, history has its eyes on us.*”

Let’s leave the world a better place for those who come after us.

Patte McManus, Chair

Social Action Committee & 8th Principle Task Force