

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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Office Hours: Tues. & Thurs. 9:30am – 3:30pm
Church Web Page – <http://FirstUniversalistSouthold.org/>, email address: SoutholdUU@optonline.net

January 1, 2023

Services – at Holy Trinity Church

Sunday, January 1, 11:00 a.m.

“Fireside Service – Honoring the New Year”

Come share a reading, song or poem to honor the new year. We will be remembering the past year and writing down our hopes and dreams for the new year. These gems will be saved in our Unlimited Potential jar until next year, and last year’s wishes will be our Responsive Reading this year. This is always a thoughtful and cleansing service. Susi Young will be our leader.

Sunday, January 8, 11:00 a.m.

“Will the revolution be live-streamed?”

Rev. Valerie Freseman

Sunday, January 15, 11:00 a.m.

“Doing a New Thing”

Rev. Valerie Freseman

Sunday, January 22, 11:00 a.m.

TBA

Mary James, lay speaker

Sunday, January 29, 11:00 a.m.

“This I Believe”

Rev. Valerie Freseman

Coming Attractions!!! ** Questions? Please email us at SoutholdUU@optonline.net **

Jan. 3rd – Covenant Group. Southold Library, 4:00 p.m. Topic: “Your Core Values”

Jan. 4th – Board Meeting. Southold Library, 3:00 p.m. All are welcome via Zoom.

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Coming Attractions!!! (cont'd.)

Jan. 11th – Social Action Committee & 8th Principle Task Force. Online – Zoom, 4:00 p.m.

Jan. 19th – Spiritual Practice. Zoom, 7:00 p.m.

Jan. 29th – Congregational Conversation. Holy Trinity, 12:30 p.m. Join us for a facilitated conversation after the service to discuss the changes being proposed to Article II of the UUA's bylaws – our principles and sources. A copy of the latest version being proposed by the Article II Commission will be available to take home and read beginning at the January 8th service. You can also print out or read online the information at: <https://www.uua.org/uuagovernance/committees/article-ii-study-commission>

Jan. 31st – Board Meeting. Southold Library, 3:00 p.m. All are welcome via Zoom.

Covenant Group

All are welcome to join us for the New Year! Tuesday, January 3, 2023, 4:00 pm, upstairs at the Southold Free Library. Topic: "Your Core Values" We will be reading, *The Dawn of Everything: A New History of Humanity* by David Graeber and David Wengrow.

Bring a high and a low for the month to share. Also, please bring quarters to Holy Trinity on Sunday for the Greenport Laundromat and nonperishables for the food pantry.

"Inner peace does not come from getting what we want, but from remembering who we are." Marianne Williamson

In peace,
Ginny Cornell (Ginc289@optonline.net)

New from the Building Team

Very encouraging meeting Monday afternoon, December 19, with the Southold Planning Board. Scott Edgett of North Fork Woodworking was able to attend, and afterwards, Brian Davis, Ray Calamari and I had a chance to get to know him better; I think he will be a great fit for our project!

Moments before the meeting started, Pat Moore "delivered" the approvals from the Suffolk County Health Department for the septic systems and, as stated previously, DOT approvals were pending our entering into a contract with North Fork Woodworking (a bonding issue). Now that we have a contractor, we can use their bond for those approvals. Finally, the Planning Board needs to look over the site lighting plot; with the reduced scale of the project, the total lumens (amount of light present on the site) will be less and should get approvals without difficulty. It was also noted by the Planning Board that the Historic Preservation Commission and Architectural Review Board have approved our plans.

This is to say, Ray, Brian and Scott are confident we will receive approvals, pending a Planning Board private session review of the items above. So we can then make applications to the Building Department for our building permit. (The BD will ascertain if plans are up to code.)

Mark Sisson, Chair

Hard things can be about the things we think, feel, say or do.
What's hard for me may not be hard for you.
You are you, and I am me.
We walk through the world differently.

--Gabi Garcia

(from the book *I Can Do Hard Things: Mindful Affirmations for Kids*)

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News (and a Happy New Year) from the Social Action Committee & 8th Principle Task Force

After publication of December's *The Free Spirit*, we received another donation for our **November Share the Plate (STP) recipient bringing the total for UUA Disaster Relief Fund "Response to Hurricane Ian" to \$390.00.**

On Saturday, December 3rd, our congregation held a Holiday Fair at Holy Trinity at which **SAC collected toys for the children of farm workers receiving support from Rural & Migrant Ministry (R&MM). Additionally, our December STP was designated to further the work of the R&MM Amandla Worker Education Center in Riverhead.** In the week before Christmas, a check for \$215.00, along with two large boxes of assorted toys, books and games, was delivered to Noemi Sanchez, LI Regional Coordinator for R&MM. While there, I had the privilege of meeting with a young woman and an elderly gentleman who worked with farmworkers on Long Island to make history on July 19, 2019, when they won the right to organize a union, among other long-denied rights.

Thank you to everyone who contributed toward the worthy goals of these organizations.

Equally inspiring is our Board-approved January STP recipient. Sound Justice Initiative, founded by Kerry Spooner who addressed our congregation on October 2, 2022, is **successfully reducing recidivism** by providing liberal arts education and resources to justice-involved people right here on LI.

The Wednesday, December 14th, SAC / 8th Principle Task Force meeting were cancelled due to ongoing technical difficulties. Therefore, I am in the process of securing a space at the Southold Free Library for **the next SAC & 8th Principle meeting, originally scheduled for the 2nd Wednesday of the month, January 11, 2023 – further info during "Welcome and Announcements" and in the "Upcoming Events" section of the Order of Service (OOS) at Sunday service on January 8, 2023.** ***Please note:** for the remainder of Daylight Saving Time, meetings will be held earlier in the afternoon so everyone can drive home during daylight hours.

The January agenda will be full, as we have double the work this month:

- reviewing the Article II Study Commission's initial draft of recommended changes to the UUA Principles and Purposes. For background on the Article II Study Commission, historical context and current status, and a copy of the Initial Draft, Google UUA.org and type in "Article II Study Commission";
- finalizing details on the Winter Film Series sponsored by SAC & the 8th Principle Task Force;
- selecting resources from among the numerous offerings from this year's **"30 Days of Love: Spiritual Nourishment for the Long Haul."** UUA's Side With Love has announced their annual month of spiritual nourishment, political grounding, and shared practices of faith and justice (going from Martin Luther King, Jr. Day on January 16th through Valentine's Day on February 14th). Each week features a Spiritual theme that overlaps with one of Side With Love's intersectional justice priorities:

Week 1 (January 16-22) **Interdependence - Democracy & Electoral Justice,**
 Week 2 (January 23-29) **Embodiment - LGBTQIA+, Gender & Reproductive Justice,**
 Week 3 (January 30-February 5) **Resilience - Climate Justice,**
 Week 4 (February 6-12) **Healing - Decriminalization,**
 BONUS DAYS (February 13-14) **Blessings - Liberatory Intersections**

To get a peek at what is being described as "a gift to our whole community: a love letter, a warm hug, a spiritual balm for all...that embody our values and work for justice and liberation year round," Google UUA Side With Love 2023. Side With Love is sharing "an array of offerings to help nourish your spirit and give gratitude and affirmation." Sounds like a great way to start off the exciting journey awaiting us this year, as individuals and as a congregation.

Wishing you all a healthy and peace-filled 2023,
 Patte McManus, Chair

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January 2023

January 2023. January 2023. January 2023.

Do you need to practice writing the new year as much as I do??

There is a *New Yorker* cartoon by Bob Eckstein of two prehistoric men sitting outside a cave. The captain reads, "I keep writing 'stone age' instead of 'bronze age' on my checks."

That always sums up a part of the January experience – the calendar, an artificial creation, but a powerful one – has us turning pages, whether we want to or not. Time is one centering influence, but as the pandemic has taught us, as life teaches us, we can never be too confident about what the new year will bring. What we can be sure of is that, when we find out what is at the center of our lives, we are well on our way to filling in everything else.

The *Soul Matters* theme for this month is "finding our center." Finding our center may seem the same as finding out our chief purpose, or reason for living, but I think something totally different is implied – namely, that we, ourselves, need centering. We need to ground ourselves in something greater than ourselves, and center our body, mind, and spirit so that we can feel stronger – much like in yoga, placing one's hand on the body where one can sense the movement of breath can center us. When we find our center, we can perceive what is around us with greater clarity. Finding our center is not about putting ourselves in the center of everything, being the center of attention, or centering our needs above others – rather, it is a process of discerning what is important to us, what we will sacrifice for, and what guides us.

This month, we will discuss how finding our center may play out in our lives and in the ministry of the church. On January 29th, I hope you will stay after the service as we have a congregational conversation about the Article II Commission revision process, a two-year effort to update the UUA's principles and sources. Copies of the current revision will be available in the this month, and you can also read about it online by going to the UUA's website, below:

https://www.uua.org/files/2022-10/article2_draft_language_102022.pdf

Happiest and healthiest of 2023 to you. May we go from strength to strength!

Blessings,
Rev. Valerie

Thank You !

We want to thank all of our members, friends, and neighbors in the community for making our holiday toy drive, mitten tree, and cookie exchange wonderfully successful. Thanks to everyone's participation and generosity, we collected a carload of toys for Rural & Migrant Ministry, and over 100 NEW winter accessories that were delivered to CAST. And we shared holiday cheer, and delicious homemade goodies after the service on Dec. 19th.

We wish you all a very happy, and healthy, New Year!