

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

February 1, 2023

Services – at Holy Trinity Church

Sunday, February 5, 11:00 a.m.

“Stewardship”

Sherry Smith and Jack Speyer, lay speakers

Sunday, February 12, 11:00 a.m.

“To Build or to Break”

Rev. Valerie Freseman

Sunday, February 19, 11:00 a.m.

“Love”

Rabbi Gadi Capella

Sunday, February 26, 11:00 a.m.

“Love Is the Spirit”

Rev. Valerie Freseman

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

Feb. 8th – Covenant Group. Southold Library, 4:00 p.m. Topic: “Love”

Feb. 15th – Social Action Committee & 8th Principle Task Force. Southold Library and Zoom, 4:00 p.m.

Feb. 16th – Spiritual Practice. Zoom, 7:00 p.m. Topic: “Love”

Feb. 18th – Warm Hearts, Warm Feet Sock Drive. Southold Winterfest 2023, 10:00 a.m. – 4:00 p.m.

Feb. 28th – Board Meeting. Parsonage, 3:00 p.m. All are welcome via Zoom.

March 1st – Lenten Service. Clinton Memorial AME Zion in Greenport, 11:00 a.m. **Rev. Valerie will be preaching.**

Covenant Group

All are welcome to join us WEDNESDAY, February 8, 2023, 4:00 pm, upstairs at the Southold Free Library. **NOTE:** This month, we are meeting on Wednesday. Our topic is: "Love."

Bring a high and a low for the month to share. Please bring quarters to Holy Trinity on Sunday for the Greenport Laundromat and nonperishable for items for the food pantry.

"Your task is not to seek for Love, but merely to seek and find all the barriers within yourself that you have built against it." - Rumi

Ginny Cornell (Ginc289@optonline.net)

**WARM HEARTS, WARM FEET,
MAKE LIFE SWEET**



Join us at Southold Winterfest 2023 for our annual sock drive for Maureen's Haven



Date: Saturday, February 18th

Time: 10 a.m. – 4 p.m.

Where: Town Annex lawn, corner of Main Rd. & Youngs Ave.

Socks are always needed, but rarely donated.

Please help us ensure that our community has warm feet this year!

We will also be accepting donations to CAST's food pantry.

EXPLORE



CARE



CONNECT

Thank you

To the Board and congregation for the generous Christmas gift.

Love,
Ginny

Matching Fundraiser Reminder

Just a reminder about this very special opportunity to help build our new church, and have your donation give TWICE the value. From now until March 15th, every dollar given to the Building Fund, up to a total of \$40,000, will be matched.

As of today, \$10,550 has been donated – and we're hoping to reap the full benefit of this generous offer. So, if you haven't had a chance to make a contribution yet, or you have friends or family who would like to make a donation in your honor (maybe you have a birthday coming up?), or perhaps you have a piggy bank that's been gathering dust, **it's not too late!** Send your donation to the church PO Box, and be sure to put "Building Fund" in the memo.

And we thank you for your support!

Would you like to light the chalice with a statement of gratitude of in honor of a significant milestone? Contact Rev. Valerie at firstminister@optimum.net for more information!

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

As you may remember, **Dr. Kerry Spooner, founder and President of Sound Justice Initiative**, spoke to our congregation in October about the transformative power of education.

To everyone who contributed toward the January Share the Plate collection to benefit the Sound Justice Initiative, many thanks. Your contributions will put **\$230.00 towards the work of reducing recidivism in "justice-involved" people right here on Long Island** and ultimately the restoration of individuals, their families, and our larger community.

SAC / 8th Principle Task Force requested and received Board approval that our February STP recipient be Maureen's Haven, with whom we are all familiar. Proceeds from the collection will be distributed to Maureen's Haven, **along with our collection from our "Warm Hearts, Warm Feet Sock Drive," which culminates with our participation in the Town of Southold's "Winterfest," Saturday, February 18, 2023, 10:00 a.m. to 4:00 p.m.** The organizers of the annual event have reserved a spot for our congregation's table (complete with a new banner) **on the lawn of the Southold Town Annex (NW corner of the Main Road/ Route 25 and Youngs Avenue).**

Quote of the month: "I have decided to stick with love. Hate is too great a burden to bear." - Dr. Martin Luther King, Jr.

UUA's annual month of spiritual nourishment, political grounding, and shared practices of faith and justice, aka **"30 Days of Love,"** traditionally begins on Martin Luther King, Jr. Day (this year celebrated on January 16th). Thus far we have been treated to snippets from the work of **Side With Love in cooperation with UU the Vote during Week 1: Interdependence - Democracy & Electoral Justice** (inclusive of Voting Rights and electoral participation); **and UPLIFT Action during Week 2: Embodiment - LGBTQIA, Gender & Reproductive Justice** (inclusive of abortion access).

If you have not received these emails, or would like to participate in the free congregational training being offered by Side With Love on "Organizing for Reproductive Justice," please let me know.

Patte McManus, Chair

Free Spirit, February 2023

February 2023

Dear Beloved Community,

At the recent congregational conversation around the Article 2 proposed changes to our principles and sources, when we were talking about the new diagram that puts Love as the central value in our proposed new Article 2, Bill Funke brought up the Greek understanding of types of love – romantic, brotherly, and spiritual love. Agape love (spiritual love) is understood to be a divine form of love, in the sense that when we are each looking out for one another, creating community, engaged in forgiveness, living out our purpose, we live into the Agape love that is higher, more transformational, than that of a single person.

Our principles, purposes, and values define the contours of that higher form of love. We cannot hope to thrive until we go beyond our own individual needs and seek to understand what the needs of others are – for justice and for full human flourishing. As Cornell West famously said, “Justice is what love looks like in the public square.”

Our UUA promotes 30 days of love through the Side with Love campaign, beginning on Martin Luther King Day and ending the middle of February. Side with Love has helped our association coalesce around issues of environmental and social justice that have been a part of many General Assemblies, organizing efforts, and hard work at the local and congregational level. Reproductive justice and LGBTQ/gender justice, democracy and voting rights, climate justice, and decriminalization and racial justice are the topics to be explored this month, and many of you have been getting these resources in your inbox. I hope you will take the time to engage with these topics and with the Social Action Committee so that you can further the work of the congregation on the 8th Principle that was approved last year. The Social Action Committee report contains information on what we are doing locally, and hope to do – so please contact Patte for more information!

It's almost a cliché to say that we are living in unprecedented times, but I really believe that this is the case, both nationally and for this congregation. The pandemic has made many folks feel anxious about how we are going to regroup – are we going to go back to the way things were, or make something entirely brand new? What is the role of faith communities in navigating all of these justice issues? To me, a first step in recognizing our strengths and our ability to meet these challenges is to embrace an ethic of gratitude. Gratitude and appreciation teach us where we started, where we are, and where we want to end. When we continue to express gratitude out loud, we pause a little more. Pausing makes us think twice about the words we use and the effectiveness of our contribution. Appreciation makes us locate precisely the moments when Agape love moves through our community, our deeds, and our words.

Over the next few weeks, I will be calling on many of you to give expressions of gratitude in our services. This is a practice I hope to weave into our chalice lighting, as part of our weekly chalice lighting. I will be making an announcement of this at upcoming services, but if you wish to talk to me about this, I can be reached via the church office or at my email address, firstminister@optimum.net.

Blessings,
Rev. Valerie