

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

March 1, 2023

Services – at Holy Trinity Church

Sunday, March 5, 11:00 a.m.
“Myths of White Supremacy”
Mary James, lay speaker

Sunday, March 12, 11:00 a.m.
“Tattered Threads”
Rev. Valerie Freseman

Sunday, March 19, 11:00 a.m.
TBA
Rev. Ned Wight

Sunday, March 26, 11:00 a.m.
“DIY”
Rev. Valerie Freseman

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

March 7th – Covenant Group. Southold Library, 4:00 p.m. Topic: “What Vulnerability Means to Me”

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

March 12th – Fellowship Appreciation Luncheon. Holy Trinity Church, 12:00 p.m.

March 24th – Spring Equinox Labyrinth Walk. Presbyterian Church parking lot, Main Road, Southold, 4:00 p.m.

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

Free Spirit, March 2023

Covenant Group

Please all join us Tuesday, March 7, 2023, 4:00-5:00 pm, upstairs at the Southold Free Library for our discussion on “What Vulnerability Means to Me.” Bring a high and a low to share with the group.

Please bring nonperishable food items for the food pantry at Holy Trinity in Greenport. Also, quarters for the Greenport Laundromat on Sundays. If you cannot make Sunday, I would be happy to bring them to church for you.

A quote from Brene Brown: “We cultivate love when we allow our most vulnerable and powerful selves to be deeply seen and known, and when we honor the spiritual connection that grows from that offering with trust, respect, kindness and affection.”

Ginny Cornell (Ginc289@optonline.net)

News from the Building Team

Ray Calamari, Brian Davis and I attended the Southold Town Planning Department public session on February 6, where the PD found no reason to delay approvals. Mr. Calamari spoke with the PD during their executive session and was able to get conditional approval for submission of our plans to the Building Department. Once the BD grants a building permit, we will be able to break ground and get started!

Mark Sisson, Chair

Gratitude Chalice Lighting

Do you have gratitude to share? Want to give a shout out? Whether you are grateful for a ministry of this congregation, a milestone in your life, an accomplishment or a kudo, why not take the time to kindle our Unitarian Universalist chalice with it?

If you are interested in offering a gratitude chalice lighting, please contact firstminister@optimum.net or reach out to Susan Johnson and Mary James, our Worship Committee co-chairs, and we will get you on the roster!

Thought for the month

Gratitude is one of the strongest and most transformative states of being.
It shifts your perspective from lack to abundance
and allows you to focus on the good in your life,
which in turn pulls more goodness into your reality.

- Jen Sincero

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.

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!

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

UUA's "**30 Days of Love 2023**" started in January on Martin Luther King, Jr. Day and ran through the week of Valentine's Day in February. During that time, we were invited to participate in a free congregational training offered by **Side With Love's UPLIFT Action campaign**, aptly beginning during **Week 2: Embodiment - LGBTQIA+, Gender & Reproductive Justice**. The three-part series, "**Organizing for Reproductive Justice**," consisting of two-hour online sessions (January 29, February 12 & February 26), was very informative. Unfortunately, more than a few people had difficulty logging in - EACH time - nice to know I'm not the only technophobe. Follow-up slides, recordings and resources from the series have been emailed to each participant. **Please note that the email from Session 3 includes a "Participant Survey" which needs to be completed by March 15, 2023.**

The annual month of spiritual nourishment, political grounding, and shared practices of faith and justice continued from Side With Love in cooperation with the **Love Resists** campaign during **Week 3: Healing - Decriminalization** (inclusive of Racial Justice and Immigration Justice); and with the **Create Climate Justice** campaign during **Week 4: Resilience - Climate Justice** (inclusive of Indigenous Sovereignty and Climate Resilience).

And this year we were offered **Bonus Days: Blessings - Liberatory Intersections**. If you missed any of the above or would like to know more:

- Follow **Side With Love** on Facebook page "Side With Love - Nonprofit organization" for livestreams, discussion posts & other updates;
- Information is also available through the UUA website or by going directly to sidewithlove.org.

Thank you to everyone who supported our **Warm Hearts, Warm Feet Sock Drive** during Southold's *Winterfest Celebration 2023*, on Saturday, February 18th. And a huge thank you to Susan Pond, who created a warm and welcoming "First Universalist Church of Southold" table complete with homemade cookies; other goodies to "make life sweet" for all who visited, and a new church banner. Thank you, again, to those who: came by; dropped off lots of socks and even some gloves; and, stayed long enough to feel you needed to move on before you froze in place like an ice sculpture. Our hearts were warmed by the sight of downtown Southold filled with smiling faces of people AND dogs, but our toes and hands reminded us of the reason for

Free Spirit, March 2023

our presence (esp. the toes). Between our congregation's **February STP** collection and additional donations at Winterfest (many from the public), a check for \$ 300.00 is being mailed to **Maureen's Haven, in Riverhead** and the large box that Susan Pond delivered to them was filled to overflowing. Thank you ALL!

At the February Board meeting, SAC / 8th Principle Task Force requested Board approvals for the following:

1) that our March STP recipient be Mujeres de Esperanza (translates to "Women of Hope"), **a chapter of which meets at Rural & Migrant Ministry (R&MM), with whom we are all familiar.** Its purpose is "to inspire, challenge, and unite generations, denominations and different ministries in favor of the most challenged of our times through engaging their leadership in prayer, service, and advocacy." **Proceeds from the March STP will be donated to Mujeres de Esperanza, in memory of the late Sister Margaret Smyth, who was a leader in this initiative;**

2) that our April STP recipient be Save the Children (based in Fairfield, CT) supporting emergency relief efforts for the survivors of the Turkey and Syria earthquakes. Save the Children is on the ground in the region providing access to food, shelter and warm clothing, and are further planning for long-term recovery efforts. Among other accolades, Save the Children has the highest rating from Charity Navigator (four out of a possible four stars, indicating that the organization adheres to good governance and other best practices that minimize the chance of unethical activities and executes its mission in a fiscally responsible way). Save the Children has ranked 31st on *Forbes* list of America's Top 100 Charities and also meets the 20 standards needed to be named an "accredited national charity" by the Better Business Bureau: Wise Giving Alliance.

The next meeting of the Social Action Committee (SAC) / 8th Principle Task Force will be on the second Wednesday of the month, March 8, 2023, at the Southold Free Library and via Zoom, from 4:00pm to 5:00pm, in the Lucy Hallock Folk Meeting Room. On the agenda:

- our upcoming Documentary Movie Series entitled "Prophetic Voices," which will be shown on Sunday afternoons, from 3:00pm - 5:00pm, at Holy Trinity (exact dates to be announced)
- Sunday, March 19th, 4:00 - 5:30pm, UUA Skill Up: Evaluation is an Act of Love to help prep and build future training sessions for UU the Vote. FYI - Skill Ups occur the 3rd Sunday of most months.

"Why so many irons in the fire?" I hear asked, to which I respond with a quote, you've already heard, that bears repeating:

"There is no such thing as a single-issue struggle because we do not live single-issue lives." - Audre Lorde

We CAN build a church, a congregation, and Beloved Community at the same time because they are "one and the same."

Patte McManus, Chair