

First Universalist Church of Southold
PO Box 221 Main Road
Southold, NY 11971



The Free Spirit

Rev. Valerie Freseman, Minister
email: FirstUMinister@optimum.net Church Office: (631) 765-3494 (call or email for appointment)
Office Hours: Tues. & Thurs. 9:30am – 3:30pm
Church Web Page – <http://FirstUniversalistSouthold.org/>, email address: SoutholdUU@optonline.net

April 1, 2023

Services – at Holy Trinity Church

Sunday, April 2, 11:00 a.m.

“The Spirituality of Vincent Van Gogh”

Rev. Ben Bortin

Sunday, April 9, 11:00 a.m.

“Square Peg, Round Hole”

Rev. Valerie Freseman

Sunday, April 16, 11:00 a.m.

“My UU Journey”

A background story to our special faith.

Susi Young, lay speaker

Sunday, April 23, 11:00 a.m.

“Naps, Juice, Cookies”

Rev. Valerie Freseman

Sunday, April 30, 11:00 a.m.

Rev. Valerie Freseman

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

April 4th – Covenant Group. Southold Library, 4:00 p.m. Topic: “Compassion”

April 12th – Social Action Committee & 8th Principle Task Force. Southold Library and Zoom, 4:00 p.m.

Free Spirit, April 2023

Coming Attractions!!! (cont'd.)

April 13th – New to UU Class. Online via Zoom, 7:00 p.m. If you are new to UU, or would like a “refresher,” please join Rev. Valerie.

April 16th – Special Congregational Meeting. Holy Trinity, 12:15 p.m. (see full notice below)

April 23rd – Movie Series: Prophetic Voices, Part 1. Holy Trinity, 2:00 p.m. FREE

April 25th – Board Meeting. Parsonage and Zoom, 3:30 p.m. All are welcome via Zoom.

April 29th – Drive-through drop-off for North Fork Spanish Apostolate. Church parking lot, 12:00 p.m. - 2:00 p.m.

Covenant Group

Please join us Tuesday, April 4, 2023, 4:00 pm, upstairs at the Southold Free Library for our discussion on “Compassion.” Bring a high and a low to share with the group. And bring a friend – they are always welcome!

If you attend church on Sunday at Holy Trinity in Greenport, we collect nonperishable food for the church food pantry and quarters for the Greenport Laundromat. If you cannot make Sunday, I would be happy to bring them to church for you.

“Compassion is all-inclusive, compassion knows no boundaries. Compassion comes with awareness, and compassion breaks all narrow territories. Kindness and awareness work together. Through awareness, we understand the underlying beauty of everything and every being. The light of compassion opens our heart.” – Unknown

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

News from the Building Team

Get ready to celebrate! All of our ducks are in a row – just a few more "T"s to dot and "I"s to cross. The Board and the Building Team are preparing for our groundbreaking ceremony. Keep checking here for the date and time!

Mark Sisson, Chair

***** Notice of Special Congregational Meeting – Sunday, April 16th, 12:15 p.m. *****

Notice is hereby given to the members of First Universalist Church of Southold of a special meeting to be held at 12:15 p.m. on Sunday, April 16th, at Holy Trinity Episcopal Church, 768 Main St., Greenport, NY 11944. The meeting is being called to consider a motion to authorize the Board of Trustees to apply for a loan to help finance the construction of the new church building on the property at 51970 Main Road in Southold, NY.

Free Spirit, April 2023

Dear Beloved Community,

“There are some things in our society, some things in our world, to which we should never be adjusted.”

Martin Luther King spoke these words before a meeting of the American Psychological Association in 1967, and they reflect his views of resistance.

Resistance is a double-edged sword – when we resist change too much, we become adjusted to nostalgia rather than reality. When we resist injustice, however, we provide the necessary traction for the change that we wish to see. “Being maladjusted” to racism, homophobia and transphobia, control of women’s bodies, fossil fuels, et cetera, means we resist those things that keep oppression in place.

“Maladjustment,” rather than a deficiency, becomes an asset – maybe even a prayer or calling. Let us be “maladjusted” to that which promotes death, endangers the lives of children, and puts profit over survival. Becoming maladjusted to these things is what will ensure our survival.

As we explore the theme of resistance, consider one thing that you wish to be “maladjusted” to. What are you interested in opposing? What do you wish to resist? Where do your deepest hopes lie?

For those of you interested in finding out more about our community, we have a “New to UU” class scheduled for April 13th on Zoom. For more information, contact me at firsttuminister@optimum.net.

Regards,
Rev. Valerie

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

Thank you to everyone who supported our March Share-the-Plate recipient. Mujeres de Esperanza United (MDE) is a national leadership initiative to strengthen the Hispanic Community through uniting women; empowering their compassionate service; and increasing their advocacy voice. The NYS chapter, SEPA Mujer, Inc., has been working on LI since 1993 by bringing together community members and advocates to speak out against injustice, provide access to opportunities and services, take a stand against domestic violence and other abuses, and push for social change, with offices in Patchogue, Hampton Bays, Riverhead and Huntington Station. Their check for \$220 will be made out “in memory of the late Sister Margaret Rose Smyth,” who was a leader in this initiative.

At the February Board meeting, **Save the Children** (based in Fairfield, CT) was approved as our April STP recipient. Through their Children’s Emergency Fund, Save the Children maintains ongoing efforts in SE Türkiye and NW Syria, a region already in crisis before the devastating earthquakes and numerous aftershocks struck in February. A month later, more than 850,000 children remain displaced.

BTW - Save the Children has long been working in the US to support children and their communities prevent, prepare for, and recover from climate-induced disasters. Their Children’s Emergency Fund was one of the first organizations providing water, food, hygiene kits and diapers after deadly tornadoes struck rural Mississippi on March 24, 2023.

At the March Board meeting, SAC received approval for our May STP recipient: **North Fork Environmental Council (NFEC)**, a non-profit, volunteer organization in Mattituck. Since 1972, NFEC’s core mission has been to educate the public on important environmental issues that impact the quality of all life on the North Fork, and to help bring about timely resolutions. Visit their Facebook page or website to learn more about their “mission, initiatives, and results of [five] decades of advocacy.” NFEC is once again holding REPAIR CAFE (see ad on page 4). **Date & time** – Sat., May 6, 2023, from 1:00pm - 4:00pm. **Place** - Floyd Memorial Library, 539 First St, Greenport.

Following is a way to REDUCE, REUSE and RECYCLE some of the paper products in your home!

- 1) Empty your drawers, closets, boxes and bags of assorted: greeting cards, bows, wrapping paper, gift bags; note cards, notebooks, writing paper, pads, stationery; and, decorative cardboard boxes.

Free Spirit, April 2023

SAC News (cont'd.)

- 2) Bring them to church between now and April 30th.
- 3) SAC will have a table at the Repair Cafe to give these items away – FREE

The next meeting of the Social Action Committee (SAC) / 8th Principle Task Force is scheduled for Wed., April 12, at 4:00pm, in person at the Southold Free Library (Lucy Hallock Meeting Room) or via Zoom. Among other things on the agenda:

“Prophetic Voices,” a series of five documentary films that have garnered numerous awards, will be aired over the next five months beginning in April and finishing in August. All five showings will be on Sunday afternoons from 2:00pm - 4:00pm at Holy Trinity Episcopal Church. Additional information and details will be forthcoming.

Part 1: “BOENHOEFFER” on Sunday, April 23, 2023


This newly- remastered, 90-minute version explores the life of Dietrich Bonhoeffer, the famed German theologian and writer, who joined the resistance to stop Adolf Hitler and the Nazis.

Sat., April 29, 2023, 12:00pm - 2:00pm we will be holding a drive-through drop-off in the church parking lot to benefit the Food Bank of the North Fork Spanish Apostolate Food in Riverhead – another of Sister Margaret’s projects to support the local migrant workers, immigrants and Hispanic residents, founded in 1966. Among the many services (including language, citizenship, cultural education; health care education; parenting skills workshops; legal support), the organization distributes food five days a week.

Like most food banks, they are in need of non-perishable food (e.g. canned goods, cereals); baby wipes and diapers (esp. #5 & #6); and personal items (e.g. shampoo, deodorant) which cannot be purchased with SNAP or WIC benefits. Mentioned was the need for clothing for young mothers and their children, so those items would also be welcomed.

I look forward to seeing you, either in person or on Zoom, at our monthly meeting and the aforementioned events. If you have any questions, do not hesitate to contact me and, as always, thank you for your continued support.

Patte McManus, SAC Chair (631) 997-9405 pattemcgoo@yahoo.com

<p>REPAIR</p>	<p>TOSS IT? NO WAY!</p>	<p>- WANTED - Volunteer Helpers Skilled Coaches Broken Items</p> <p>To volunteer, and for more information, email: margaret@nfecl.org</p>
	 <p>North Fork Environmental Council and Floyd Memorial Library (631) 477-0660</p>	
<p>CAFE</p>	<p>What do you do with</p> <ul style="list-style-type: none"> • a CD player that no longer opens? • a toaster that no longer works? • Socks with holes or a moth-eaten sweater? • Knives that won't cut? <p>REPAIR CAFE is</p> <ul style="list-style-type: none"> • Fixing broken items—learn while helping! • Expert advice • Community-building and fun! • Does it cost anything? • Voluntary contributions are appreciated. 	<p>Come to the REPAIR CAFE at FLOYD MEMORIAL LIBRARY 539 First Street, Greenport, New York 11944 (631) 477-0660</p> <p>Saturday, May 6, 2023 1 pm – 4 pm ~ Bring one or two broken items to repair~</p>
<p>CLOTHES • FURNITURE • ELECTRICAL APPLIANCES • TOYS • BICYCLES • ETCETERA For more information, contact: Margaret@nfecl.org—look for #northforkenviro on social media</p>		