

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



# The Free Spirit

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Office Hours: Tues. & Thurs. 9:00am – 2:00pm  
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May 1, 2022

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## **Services – at Holy Trinity Church**

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

**“Let it begin with me”**

Rev. Valerie Freseman

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

**“The History of Slavery on the North Fork”**

Steve Wick, lay speaker

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

**“The Eye of the Beholder”**

Rev. Valerie Freseman

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

**Flower Communion**

Rev. Valerie Freseman

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

**“Darkening Skies”**

Mary Eisenstein, lay speaker

**Coming Attractions!!!** \*\* Questions? Please email us at [SoutholdUU@optonline.net](mailto:SoutholdUU@optonline.net) \*\*

**May 3<sup>rd</sup> – Covenant Group.** Southold Library, 4:00 p.m. Topic: “Patience”

**May 7<sup>th</sup> – I Love My Park Day.** Orient Beach State Park, 10:00 p.m. – 2:00 p.m.

**Coming Attractions!!! (cont'd.)**

**May 11<sup>th</sup> – Social Action Committee & 8th Principle Task Force.** Online – Zoom, 4:00 p.m.

**May 12<sup>th</sup> – Spiritual Practice.** Online – Zoom, 7:00 p.m. Topic: “Sacred Text: Part 3”

**May 22<sup>nd</sup> – Annual Meeting.** Holy Trinity, 12:15 p.m. Please join us for this important annual event. New committee chairs, Board trustees, next year’s budget, and the 8<sup>th</sup> Principle will be considered and voted on.

**May 24<sup>th</sup> – Board Meeting.** Parsonage, 4:00 p.m. All are welcome via Zoom.

**June 4<sup>th</sup> – Community Yard Sale.** Church grounds, 9:00 a.m. – 3:00 p.m. Rain date: June 11<sup>th</sup>.

**Covenant Group**

Please join us, May 3<sup>rd</sup>, 2022, 4-5 p.m. upstairs in the Southold Free Library. All are welcome.

Our topic is: “Patience.” We will be reading Allan Lokos’s book, *Patience: The Art of Peaceful Living*. Lokos is a guiding teacher of the Community Meditation Center in New York City. Quote from his book: “Ultimately, the art of peaceful living comes down to living compassionately and wisely. With patience compassion arises; with patience wisdom arises; with patience we are at peace.”

Now that we have returned to Holy Trinity, please remember to bring non-perishable food for the pantry and quarters for the laundromat in Greenport.

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

**Spiritual Practice: Sacred Text, Part 3**

Our sacred text study group continues on Thursday, May 12<sup>th</sup>, at 7:00 pm on Zoom. If you are interested in receiving the link, please email [firstminister@optimum.net](mailto:firstminister@optimum.net).

We will be reading chapters from the book by Philip Novak entitled, *The World’s Wisdom*, and use them as a basis to consider the role of sacred texts in our spirituality.

If you need help getting a copy of the book, or if you would like more information, please contact [firstminister@optimum.net](mailto:firstminister@optimum.net) or call the church office.

**Thought for May...**

Love cures people – both the ones who give it  
and the ones who receive it.

- Karl A. Menninger

**Community Yard Sale – Saturday, June 4th**

Do you have treasures cluttering up your garage or attic? Want to make a little extra pocket money? We will be hosting a community yard sale on Saturday, June 4<sup>th</sup>, from 9:00 a.m. to 3:00 p.m. on the church grounds. Reserve a space – for just \$30 – and turn your treasures into gold!

Or, would you enjoy spending an hour or two in the fresh air, connecting with your church friends and neighbors? We will have a couple of tables of odds and ends for sale from the church garage and shed, and are looking for some cashiers. Contact Susan Pond at [suepond58@gmail.com](mailto:suepond58@gmail.com) or 631-871-4461 to sign up. Your help will be much appreciated!

### News from the Building Team

By the end of April, more submissions were made to appropriate town, county and state entities. The Building Team received an outline of what's been done and what we still need to accomplish, including, but not limited to, exterior surfaces, roofing options, interior colors, flooring, etc., with an anticipated ground-breaking sometime in July. We have also been looking into refurbishing the Blue House, and will report further once estimates have been received.

Mark Sisson, Chair

### News from the Social Action Committee (SAC) & 8<sup>th</sup> Principle Task Force

SAC & 8th Principle Task Force meeting was held on Wednesday, April 13th. **The next meeting will be on 5/11/2022, the second Wednesday of the month, at 4:00pm, via Zoom.**

**In preparation for the 8th Principle congregational vote at the May 22nd Annual Meeting**, a worship service / teach-in on **Sunday, April 24, 2022, "Our High Resolve"** was led by Rev. Valerie and me followed by Q&A. During discussion about the 8th Principle survey that was emailed to members and friends of our congregation, a few people mentioned that they hadn't gotten the survey. We'd like everyone to have the opportunity to express their opinion and give input. **If you didn't receive the emailed survey or were unable to respond, please call me at (631) 997-9405 or email me [pattemcgoo@yahoo.com](mailto:pattemcgoo@yahoo.com) so I can get you a hard copy.**

SAC requested, and the Board approved, that the May 2022 First Sunday Share The Plate (STP) collection benefit **Rural and Migrant Ministry in support of their work to better the lives of farm workers on Long Island.**

On July 19, 2019, after nearly two decades of advocacy and organizing, agricultural workers in NYS finally secured adoption of the NYS Farm Laborers Fair Labor Practices Act, allowing farm workers the long-denied right to organize a union, a mandatory day of rest, and the right to overtime pay. The fight to unionize workers dates back to the National Labor Relations Act of 1935, signed into law by FDR. However, agricultural and domestic workers (many of whom were BIPOC) were excluded and continued to experience discrimination and retaliation. Then, on September 27th, 2021, Local 338 of the Retail, Wholesale, Department Store Union/United Food and Commercial Workers Union (RWDSU/UFCW) was certified by the state as the first union to represent more than a dozen farm workers at Pindar Vineyards in Peconic.

**On Saturday, May 7th, I Love My Park Day 2022**, over 150 NYS Parks, historic sites, and public lands will be hosting volunteer projects – beach cleanups, trail restoration, flower planting, and more. **With Board permission, SAC registered First Universalist Church of Southold to volunteer from 10am-2pm for one/both of two projects being planned at Orient Beach State Park by Parks & Trails New York** (a statewide, not-for-profit parks and trails advocacy organization based in Albany, NY). For more info on Parks & Trails New York, visit their Facebook page by that name or their website [www.ptny.org](http://www.ptny.org). **The meeting location for both projects is the main parking lot for Orient Beach State Park** and the Volunteer Projects are: #1) Clean up of main beach front; and, #2) Planting of beach grasses along border edges. Additional info: Tools for picking up refuse from the beach OR planting the beach grasses will be provided by the park. Nitrile gloves will be provided but you may bring your own if you prefer.

#### Words to Ponder:

In his book, *Across That Bridge: A Vision for Change and the Future of America*, Congressman John Lewis wrote, "The most important lesson I have learned in the fifty years I have spent working toward the building of a better world is that the true work of social transformation starts within...We must be the change we seek if we are to effectively demand transformation from others."

As a young Freedom Rider, John Lewis paraphrased the rabbinic sage Hillel the Elder, when he said, "If not us, then who? If not now, then when?"

Patte McManus, Chair  
Social Action Committee & 8<sup>th</sup> Principle Task Force

Dear Beloved Community,

What does it take to cultivate beauty? When are we sure we have something beautiful?

I have been thinking about the experience of being in a faith community, and what it teaches us about beauty. We all know when we have felt inspired by something beautiful – the problem is, we don't all agree on how to define that. Some languages use multiple words to convey the concept of beauty, while others only use a few.

Sometimes we measure beauty by standards created by critics and gatekeepers. Sometimes our creations are not considered beautiful until years and years after their creation – for example, the numerous examples of artists whose work was only appreciated after their lifetime. Sometimes, a person may sing in tune and have a strong voice, but their voice is not considered “beautiful” enough by others.

Because we value beauty so highly, strive to make it abundant in our lives and arrange our surroundings and our activities and our very bodies around cultural norms of beauty, beauty standards can become a painful subject. Because of these standards and norms, what we value – what we fight to preserve – is bound up in what we find beautiful.

I wonder how our notions of beauty and worthiness would change if we thought of ourselves less as consumers and more as producers. I think of those cards and gifts I have saved – the ones that someone took the time to personalize or hand-make. They are the ones that will always linger in my possession longer than any mass-produced item, because I know of the care and love that went into them. Even when there are a few flaws in something hand-made, it becomes treasured because the flaws tell a story about effort, the person, and the circumstances of its making.

We have had about a month of in-person services and hope to continue to offer these as safely as possible, while monitoring the ongoing COVID advice. No doubt, after the summer and onwards, there will be new information to absorb about how best to keep our community safe.

We have now changed our protocols to allow for optional masking, and to include congregational singing. We will also allow for coffee and snacks after the service. The safety of our entire community is up to each of us – so please, continue to get boosted and keep up to date. The Board will monitor COVID conditions going forward, and we will revisit our protocols each month.

I also want to let folks know that we have heard loud and clear that you wish to see our services streaming live. Please understand, as with all that we endeavor to do, this requires both volunteers and equipment (talent and treasure) especially since we rent rather than own our space. It also requires strategic thinking about broadcast rights and permissions.

Right now, our tech team – consisting of Susan Pond, Mark Sisson, and Susan Johnson – are doing their best to get up to speed on live streaming to Facebook, and most of our recent services – both live and via Zoom – are there already, live-streamed during the service or recorded and uploaded after the fact. With time, the recording and live streaming of our services will be a regular occurrence, visible on our Facebook page. We will make announcements about the best way to view them when we feel we have tested everything.

I look forward to seeing you all at the annual meeting, when we will vote on adopting the 8<sup>th</sup> Principle, our new officers, and the budget.

Brightest Blessings,  
Rev. Valerie Freseman