

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

May 1, 2023

Services – at Holy Trinity Church

Sunday, May 7, 11:00 a.m.

“North Fork Mental Health Awareness Initiative”

Kate Martin, ANP, PMHNP-BC, Mattituck Mental Health & Wellness

Sunday, May 14, 11:00 a.m.

“Something out of Nothing”

Rev. Valerie Freseman

Sunday, May 21, 11:00 a.m.

Flower Communion & New Member Ceremony

Rev. Valerie Freseman

Sunday, May 28, 11:00 a.m.

“Poverty in a Time of Great Wealth: The Inequity of Shared Wealth in America”

Susan Johnson, lay speaker

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

May 2nd – Covenant Group. Southold Library, 4:00 p.m. Topic: “Reconciliation”

May 6th – Repair Café. Floyd Memorial Library, 539 First St., Greenport, 1:00 p.m. – 4:00 p.m.

May 7th – Congregational Conversation. Holy Trinity, 12:15 p.m. Please join the Board and Building Team for a conversation about the building project and our path forward.

May 9th – Social Action Committee & 8th Principle Task Force. Southold Library and Zoom, 4:00 p.m.

Free Spirit, May 2023

Coming Attractions!!! (cont'd.)

May 21st – Annual Meeting. Holy Trinity and Zoom, 12:15 p.m.

May 21st – Movie Series: Prophetic Voices, Part 2. Holy Trinity, 2:00 p.m. FREE

May 30th – Board Meeting. Parsonage and Zoom, 4:00 p.m. All are welcome via Zoom.

**188th Annual Meeting of
First Universalist Church of Southold
May 21st, 2023**

Please join us for this important annual event. New committee chairs, Board officers and trustees, and next year's operating budget will be considered and voted on.

Covenant Group

All are welcome to join us Tuesday, May 2, 2023, 4:00 pm, upstairs at the Southold Free Library. Our topic is "Reconciliation."

The hurt is so bad, you can never forget. Why should you forgive them? Is it possible? Why? We will explore healing, wholeness, forgiveness and reunion.

Please bring a high and a low to share with the group.

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

News from the Building Team

We have submitted our application for a building permit! Hopefully, we will hear good news by the middle of June.

Mark Sisson, Chair

**Documentary Film Series – *Prophetic Voices*
Part 2: *An American Conscience - the Reinhold Niebuhr Story***

Join us for the second film in this 5-part series. *Prophetic Voices* is a special collection of five award-winning documentary films profiling remarkable religious figures from one of the most turbulent times in history. Through their writings and prophetic witness, they shaped our culture's moral and ethical response to the chaos of the 20th century.

The Reinhold Niebuhr Story will be shown on Sunday, May 21st, 2-4 p.m., at Holy Trinity Episcopal Church in Greenport. For information, contact Patte McManus at pattemcgoo@yahoo.com

Free Spirit, May 2023

Dear Beloved Community,

Without the time and space for creativity in our lives, it is nearly impossible to live lives of meaning. History attests to the creativity that people pursue even when they have little else to sustain them. During wartime, or during times of great upheaval, people make space to create poetry, or compose music – even to remember and pass down recipes.

When we exercise our creativity, both in creating works of art and in allowing ourselves to brainstorm and step outside our comfort zone, we become more like the creator ourselves. Julia Cameron, the screenwriter who wrote an influential book called *The Artist's Way* which helps people get past writer's block, calls the process of reclaiming our creativity G.O.D. – Good Orderly Direction. For her, creativity exists as a natural impulse that we are all too ready to bury under the weight of expectations. Although there is a spirituality present in this idea of Good Orderly Direction, I don't think you need to have a fixed idea about the existence of God to tap into the idea that once we put ourselves in touch with our own creativity, we are also in touch with that which revives us when nothing else can.

As spring starts turning towards summer, I hope for you many hours of time devoted to expanding your notion of creativity – of finding people to be creative with, or honoring your own creative pursuits, whatever they may be.

Regards,
Rev. Valerie

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

Much gratitude to everyone who supported our congregation's April Share the Plate (**STP**) recipient, **Save the Children** (based in Fairfield, CT). A check for \$300.00 will be sent to their Children's Emergency Fund, to maintain ongoing efforts in the region of SE Türkiye and NW Syria that was devastated by earthquakes and numerous aftershocks in February.

On Monday, April 24th, an email flyer was sent to you with details about the Spring Food & Clothing Drive-through Drop-off to benefit the **Food Bank of the North Fork Spanish Apostolate (NFSA)** scheduled for Saturday, April 29th. Since the deadline for this issue was before the event, results cannot be reported, other than to say that the rain forecasted to start 4:00 a.m. on Saturday and continue until 4:00 a.m. Sunday did NOT deter us. There is not a rain date but there is a Plan B. You may bring your donations to Holy Trinity on Sun., April 30th or Sun., May 7th. SAC members will be present at 11:00 a.m. worship and at the 12:15 p.m. Congregational Conversation on both days. Please see list of needed items in the April *Free Spirit* or the email flyer referred to above. Or, you may contact SAC Chair, Patte McManus.

Do you have assorted paper goods filling your drawers, shelves and closets to overflowing? Bring your excess to our REDUCE / REUSE / RECYCLE table at this year's **REPAIR CAFÉ**. **SAC will be giving away for FREE your paper discards, such as:** greeting cards, bows, wrapping paper, gift bags; note cards, pads, notebooks, writing paper, envelopes, stationery; decorative cardboard boxes. The REPAIR CAFE is sponsored by **North Fork Environmental Council (NFEC)**, our May STP recipient. NFEC is still seeking helpers and skilled coaches with tools, in addition to community members with items in need of repair. For general information visit: nfec1nfec1.org/repair-cafe. OR, email margaret@nfec1.org, for information on volunteering. Check out their ad on page 4.

SAC & 8th Principle Task Force (cont'd.)

While emptying your drawers and cabinets of unused paper products, you may find something in need of repair. Don't throw it away it – after all, where is “away”? There is no “away” – take it to the REPAIR CAFE. Voluntary contributions are appreciated.

Date & time - Sat. May 6, 1-4 p.m. **Place** - Floyd Memorial Library, 539 First St., Greenport.

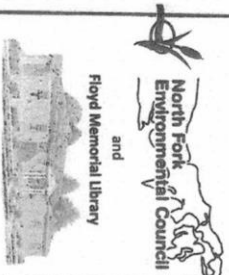
PLEASE NOTE: SAC / 8th Principle Task Force usually meets on the 2nd Wednesday of the month. However, **there is a change for the May meeting. Date & time** - second Tuesday of the month, May 9th, at 4:00 p.m., in person at the Southold Free Library (Lucy Hallock Meeting Room) or via Zoom. I look forward to hearing your suggestions, ideas, issues that you are interested in seeing addressed. “There are no problems we cannot solve together, and very few we can solve by ourselves.” - Lyndon B. Johnson

April launched our showing of the 5-part series, “**Prophetic Voices,**” of award-winning documentary films, with **Part 1: “BOENHOEFFER”** which explored the life of Dietrich Bonhoeffer, the Lutheran theologian and writer who became one of the early voices of resistance to the rise of Adolf Hitler. He helped found the breakaway Confessing Church, whose members resisted National Socialism in a movement that cost Bonhoeffer his life only weeks before the end of World War II.

The next showing, with discussion afterward, will be Sun., May 21, 2-4 p.m., at Holy Trinity Church. **Part 2: “An American Conscience - the Reinhold Niebuhr Story,”** about the author of *Serenity Prayer*, one of the most quoted writings in American Literature. “Yet Niebuhr’s impact was far greater, as presidents like Jimmy Carter and civil rights leaders like Martin Luther King, Jr. often turned to his writings for guidance and inspiration on the most volatile political and social issues of the 20th Century.” - filmmaker Martin Doblmeier

See you at the movies!

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

<p>REPAIR</p> <p>- WANTED - Volunteer Helpers Skilled Coaches Broken Items</p> <p>To volunteer, and for more information, email: margaret@nfecl.org</p>	<p>TOSS IT? NO WAY!</p>  <p>North Fork Environmental Council and Floyd Memorial Library (631) 977-0660</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? <p>♦ Voluntary contributions are appreciated.</p> <p>Come to the REPAIR CAFE at FLOYD MEMORIAL LIBRARY 539 First Street, Greenport, New York 11944 (631) 477-0660 Saturday, May 6, 2023 1 pm – 4 pm ~ Bring one or two broken items to repair ~</p>
<p>CLOTHES • FURNITURE • ELECTRICAL APPLIANCES • TOYS • BICYCLES • ETC/ETC/ERA For more information, contact: Margaret@nfecl.org—look for northforkenviro on social media</p>	