

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. 9:00am – 2:00pm
Church Web Page – <http://FirstUniversalistSouthold.org/>, email address: SoutholdUU@optonline.net

June 1, 2022

Services – at Holy Trinity Church

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

“Blessings CPA”

Rev. Valerie Freseman

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

Celebration Sunday

This Sunday, we celebrate our volunteers and commission our leaders for the coming year.

Rev. Valerie Freseman

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

“Fathers Don’t Necessarily Know Best”

Rev. Ben Bortin

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

“On Nearing 90”

Judith Speyer, lay speaker

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

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

June 7th – Covenant Group. Southold Library, 4:00 p.m. Topic: “Overcoming Fear”

June 8th – Social Action Committee & 8th Principle Task Force. Online – Zoom, 4:00 p.m.

June 9th – Spiritual Practice. Online – Zoom, 7:00 p.m. Topic: “Sacred Text: Part 3”

Coming Attractions!!! (cont'd.)

June 12th – Coffee Hour Update. Building project update, Holy Trinity, following the service.

June 19th – Charlotte Day & Jeffrey Wentz in Concert. Jamesport Meeting House, 4:00 p.m.

June 28th – Board Meeting. Parsonage, 4:00 p.m. All are welcome via Zoom.

Covenant Group

Please join us, June 7, 2022, 4-5 p.m. upstairs in the Southold Free Library. All are welcome.

Our topic is: "Overcoming Fear." We will be reading *Stopping the Noise in Your Head: the New Way to Overcome Anxiety and Worry* by Dr. Reid Wilson.

Please remember to bring non-perishable food for the pantry at Holy Trinity and quarters for the laundromat in Greenport.

This is a quote from Patanjali (India, 230 BCE): "When you are inspired by a great purpose, all thoughts break their bonds; the mind transcends limitations, consciousness unfolds in every direction, and you find yourself in a new, unbounded, and glorious world. You realize yourself to be a greater person by far than you ever imagined you could be."

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

Spiritual Practice: Sacred Text, Part 4

Our sacred text study group continues on Thursday, June 9th, at 7:00 pm on Zoom. If you are interested in receiving the link, please email 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 or call the church office.

Thought for June...

If you see someone without a smile...
give them one of yours.

News from the Building Team

The Building Team continues to meet with Ray Calamari and Brian Davis. Landscape, septic system and lighting plots have been submitted to the town agencies, and Mr. Calamari is confident things will progress as smoothly as possible. He did inform the BT there is a large backlog of approvals throughout the town and our projected groundbreaking will need to be pushed back. Mr. Davis has been working with Eugene Burger to get cost estimates for lumber and other materials. The BT has also been finalizing design details throughout the project, including materials for finish work and signage for the site. We have scheduled a congregational information meeting for after the service on June 12th at Holy Trinity. Online viewing will also be available for this meeting.

Mark Sisson, Chair

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

In discussion this month, of possible “Share the Plate” recipients, **C.A.S.T. (now rebranded as the Center for Advocacy, Support and Transformation)** was brought up. Since their relocation to Main Road in Southold Village, a couple of church members, who’d attempted to make donations, raised concerns about limited hours of access, especially to the food pantry and hours that didn’t coincide with public transportation. Conversations with Food Relief Program Mgr, Karina Hayes, and Food Pantry Assistant/Culinary Program Instructor, Tess Wonderling, acknowledged a decline in the number of volunteers since the pandemic. Though things have gotten a bit better, they still struggle with this problem – anyone interested in volunteering?

On the other hand, a number of initiatives have enhanced service provision. They now: deliver food / meals via a van “C.A.S.T. on wheels” to sites throughout Southold & Shelter Island; issue bus vouchers; and, encourage / facilitate carpooling among their Greenport clientele. Members of SAC agreed that C.A.S.T. provides services to the poorest of the poor in our community. Therefore we are considering the support of STP collections on their behalf once per quarter. At the May Board meeting, **SAC requested and received approval for the June First Sunday STP collection to benefit C.A.S.T. In addition, they NEED: soups; granola bars; tomato sauce; pastas; cereal; diapers - sizes 4,5,6; AND AGAIN – volunteers!**

- Speaking of volunteers...we had a few...but could have used more at the rescheduled “I Love My Park Day” event at Orient Beach State Park on Saturday, May 21st. Upon arrival, we were assigned to cleanup AND planting of beach grass on the dunes across from the Ranger Station. Due to a bikeathon which filled the Main Parking lot to overflowing, the Rangers were preoccupied so didn’t redirect any of our volunteers who arrived late – my apologies. A special thanks to our very own “Lone Ranger” who proceeded to clean up on his own when he couldn’t find us.

- **Our biggest news in May was unanimous adoption of the 8th Principle at our 187th Annual Meeting.** For those who didn’t hear the announcement during Sunday worship on May 29th: **our entry on the growing list of congregations that have voted and passed the 8th Principle reads “174. First Univ. Church of Southold, NY (5-22-22),”** and as of 5/29/2022, the total was 188. Paula Cole Jones, who wrote the 8th Principle with Bruce Pollack-Johnson, is confident that our grassroots movement will have grown to 200+ congregations in time for General Assembly 2022 later this month. If you want to find out more about the 8th Principle and the impact it’s already making within the UUA, you can visit: <http://www.8thprinciple.org>; <http://www.uua.org>; OR, **attend the next SAC & 8th Principle Task Force meeting on 6/8/2022 (the 2nd Wednesday of the month) at 4:00pm via Zoom.**

The 8th Principle is not just a social justice “project” and now that we passed it, you may be wondering what’s next? The Task Force will be using feedback and input received on your 8th Principle surveys, as we think about “living into the Beloved Community.” There are a lot of possibilities – what aspects do YOU want to focus on? Think about it and share your thoughts at the meeting **or with me, if you’re unable to attend, please call (631) 997-9405 or email pattemcgoo@yahoo.com.**

Words to ponder from Dr. Takiyah Nur Amin, the author quoted before Rev. Valerie’s 4/24/2022 Sunday sermon, “Our High Resolve”:

“There’s going to be a dialing up of white supremacist violence coming forward...We’re going to see more outrageous violent stuff.”

“...we are a faith that is committed to justice, equity, and compassion...”

In her bio, I noted that she was “a proud native of Buffalo, NY.” I did some further research and used another quote of hers to open our monthly SAC/8th Principle meeting. From her presentation to the Anti-Racism Speaker Series at Old Dominion University, “The Radical Urgency of Now”:

“We are in a moment of dynamic upheaval and social change that requires a radical reordering of our priorities in order for everyone to thrive.” Three days later, a mass shooting occurred in a Tops supermarket in her beloved Buffalo’s East Side. That community lifeline remains closed as I write this article.

With high resolve,
Patte McManus, Chair

Dear Beloved Community,

This month, our theme is “celebrating blessings.”

One of the roots of the voluntary simplicity, minimalism, and tiny-house movements is the awareness that we are living in a consumerist society that bombards us with advertising and feelings of insecurity which can only be satisfied by buying something. We are made to feel that spending is almost a patriotic duty, as when Bush famously urged us to “not let the terrorists win” by using our credit cards after 9/11.

And yet, studies into cost of living indicate that emotional well-being stabilizes when a person’s income is between \$65,000 and \$70,000 a year, and satiation occurs at around \$90,000.

As the saying goes, money cannot buy you happiness. Once our basic needs are met and we have all that we need for our own flourishing, we can begin to make others flourish. That is the true purpose of “counting our blessings” – we cannot hoard blessings, we can only share them. That is why counting our blessings is one important facet to a wholistic spiritual life, one that expands our concept of community.

As we wind down and head towards summer, I trust you will avail yourself of all the opportunities for connection. We will have another installment of the “sacred text” class, delving into the chapter in *The World’s Wisdom* on Hinduism. I am taking a break from the pulpit from middle of June until late July to focus on study leave and on family matters. An update on pastoral care during this period will be forthcoming.

The news these days is harder and harder to bear. If you have a need for pastoral care and conversation, please do not hesitate to reach out to me.

Brightest Blessings,
Rev. Valerie Freseman

To Everyone,

Thank you for the lovely plaque of appreciation for my (27) years of service to the church. You will remain in my thoughts...and fondest memories.

Irene Stewart

Annual Meeting Results

Thank you to everyone who was able to join us for the Annual Meeting on May 22nd. We were happy to be able to provide online participation for members who could not join us in person; several members joined us via Zoom, thanks to our Zoom tech, Mark Sisson.

We are pleased to report that all business matters passed unanimously: the slate of Board trustees and officers, and committee chairs; the budget for 2022-2023; and, most especially, our congregation’s adoption of the 8th Principle.

As always, we thank you all for your continuing support and participation. We look forward to a fruitful, active year in 2022-2023!