

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

June 1, 2023

Services – at Holy Trinity Church

Sunday, June 4, 11:00 a.m.

“Smelling the Roses”

Rev. Valerie Freseman

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

“Childish Things”

Rev. Valerie Freseman

Sunday, June 18, 11:00 a.m.

“In Praise of Summer”

But what can we do about it?

Rev. Ben Bortin

Sunday, June 25, 11:00 a.m.

“Target: Zero Waste”

Speaking on the goal of reaching zero waste.

Mark Haubner, North Fork Environmental Council, lay speaker

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

June 3rd – Repair Café. Riverhead Senior Center, 60 Shade Tree Lane, Riverhead, 1:00 p.m. – 4:00 p.m.

June 6th – Covenant Group. Southold Free Library, 4:00 p.m. Topic: “Renewal and Joy”

June 8th – Labyrinth Walk. Presbyterian Church parking lot, Main Road, Southold, 5:00 p.m.

June 11th – Movie Series: Prophetic Voices, Part 2. Holy Trinity, 2:00 p.m. FREE

Free Spirit, June 2023

Coming Attractions!!! (cont'd.)

June 14th – Social Action Committee & 8th Principle Task Force. Southold Library and Zoom, 4:00 p.m.

June 18th – Summer Solstice Concert. Jamesport Meeting House, 4:00 p.m. Tickets: \$20

June 24th – North Fork Pride Parade. Main & Front Streets, Greenport, 12:00 p.m.

June 27th – Board Meeting. Parsonage and Zoom, 4:00 p.m. All are welcome via Zoom.

Covenant Group

All are welcome to join us Tuesday, June 6, 2023, 4:00 pm, upstairs at the Southold Free Library. There is an elevator and it drops you off at the room. Our topic is “Renewal and Joy.”

I will be reading *Renewal* by Andres R. Edwards and *A Rhythm of Prayer* edited by Sarah Bessey.

Bring a high and a low for the month to share with the group. Also please bring quarters to Holy Trinity on Sunday for the Greenport Laundromat, and nonperishable items for the food pantry.

“The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction.” – Rachel Carson

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

News from the Building Team

The paperwork for our building permit is moving through its processes with the Town. The Town engineers must examine plans for compliance of federal, state and local ordinances. Ray Calamari has reported there can be questions from the Town and he is prepared to shepherd the application in whatever way necessary.

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, June 11th, 2-4 p.m., at Holy Trinity Episcopal Church in Greenport. For information, contact Patte McManus at pattemcgoo@yahoo.com

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Dear Beloved Community,

Sometimes, the tiniest differences between words can be instructive. I often check dictionary definitions as a kind of sacred text – does the definition given by the lexicographer have the same resonance with me? What do I hear when I hear that definition or word? What stirs me up if I repeat a word or phrase over and over again, either out loud or in my mind?

This month, the word I am pondering is “delight” – our Soul Matters theme for the month. Delight, which is often equated with joy, but recently I was reminded of some differences that are encountered when you dig deeper.

Joy often indicates something sudden – a discovery or a sudden feeling of excitement – delight is something more enticing and alluring. In Latin, *Delictare* means to take delight in something. The phrase conjures up fine food, music or nature – the delectable strawberries of the North Fork, for example.

Finding things, people, or activities to take delight in helps sustain us in the long term. When we start taking delight in something new, we shift our values. We seek ways to preserve what is important to us – the landscape around us, the health and safety of our friends and neighbors, and many other things. We find the means to counter despair, and we find ourselves sharing what we have found. What better way to find new friends than around a shared delight, hobby, or activity?

As we swing into summer, take time to delight yourself and others with a sense of hope, renewal, and beauty. I will be away from the latter half of June through the month of July, visiting my family and attending General Assembly in Pittsburgh.

If you would like to chat, please do not hesitate to make an appointment with me by contacting me at firstminister@optimum.net or through the church phone#.

Blessings,
Rev. Valerie

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

SAC / 8th Principle Task Force requested / received Board of Trustees approval for the following organizations to become First Sunday of the Month “Share the Plate” (STP) recipients:

June - Sound Justice Initiative, a nonprofit organization in Riverhead. Founder, Kerry Spooner, spoke to our congregation in October of 2022 about the transformative power of education to change people’s lives. Sound Justice Initiative was our January STP recipient and they will also be our June STP recipient to support their ongoing collaboration with Stony Brook University and the Suffolk County Sheriff Office’s rehabilitation program.

July - Gold Boots Foundation was created by Samantha Payne-Markel, after six North Fork and Shelter Island residents died from ingesting fentanyl-laced cocaine in August of 2021. She sought to keep alive the name of one of those six and her then boyfriend, Seth Thomas Tramontana, whose signature footwear was “Gold Boots.” Dedicated to raising awareness of overdose risk and prevention and funding college scholarships for Greenport High School students, Ms. Payne-Markel also hopes to introduce grief services to the North Fork, which she found hard to come by in 2021.

In addition, SAC asked / received permission that \$ 110 previously given by the congregation in order to hold an Opioid Overdose Prevention Clinic, be utilized for that purpose.

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

August - Women Cross DMZ (WCDMZ), mobilizing women globally to promote peace, as well as denuclearization and demilitarization on the Korean Peninsula. July 27, 2023 is the 70th anniversary of the signing of the Korean War Armistice, which halted but technically did not end the war. Since forming in 2014, WCDMZ has been calling for the need for a formal peace agreement and the reuniting of separated families.

First U of Southold member, Aiyounng Choi, has been very active with this organization, currently serving as their Board President. She will be speaking at the worship service on Sunday, August 6, 2023 about the work of WCDMZ. We also hope to host a watch party (sometime this summer) of the documentary film "*Crossings*" by Emmy-award winning filmmaker Deann Borshay Liem.

Much GRATITUDE to everyone who supported our May STP recipient, **North Fork Environmental Council (NFEC) in Mattituck**. A check for \$ 235.00 will be hand-delivered to Mark Haubner / Margaret deCruz at their upcoming REPAIR CAFÉ at which we will be participating. If you wish to donate supplies to our **Reduce, Reuse, Recycle** table, see below for details.

EVENT REMINDERS:

We're participating in this year's **Riverhead REPAIR CAFE** sponsored by the **NFEC**. Like the Greenport event, we are giving away free paper goods, stationery supplies, greeting cards, etc. at our **Reduce, Reuse, Recycle table**. See the April / May issues of *The Free Spirit* for details on the items we are collecting. If you cannot attend in person, call (631)997-9405 OR email pattemcgoo@yahoo.com before Saturday for a pick-up.

DO COME TO THE REPAIR CAFÉ - everyone has something that needs fixing (ex. Virginia Cava is bringing not only her needles and thread but her sewing machine as well, so if you've got something that needs mending - COME ON DOWN). There will also be people fixing electrical appliances; sharpening knives, scissors and yard tools; tuning up bikes; and, repairing ceramics, wooden objects, and jewelry. These experts are available free of charge (though donations are welcomed). It's fun; AND you're helping the environment by keeping "stuff" out of the landfill.

Date & time - Saturday, June 3, 2023, from 1-4 pm

Place - Riverhead Senior Center (about 16 miles / 23 minutes **W** of our church parsonage "on the bend"), 60 Shade Tree Lane, Aquebogue, (**S** of NY-25 and **E** of 105/Cross River Dr)

To volunteer, and for more information, email: margaret@nfec1.org

Next meeting of SAC / 8th Principle Task Force: Wed., June 14, 2023, 4:00pm-5:00pm

Place: Southold Free Library (in the 2nd floor, Lucy Hallock Meeting Room which is to your left, as you exit the elevator OR via Zoom link for those who cannot attend in person)

In my report to our congregation's 188th Annual Meeting, I asked you to "write down YOUR ideas; suggestions; issues of concern/interest; and action strategies." I repeat my request, "Bring them all" to this **SAC / 8th Principle Planning meeting for 2023-2024**. The agenda will include everything mentioned above plus: the *Prophetic Voices* series; our participation in the June 24, 2023 Pride Parade and Festival; and the upcoming votes that will take place at the 2023 Unitarian Universalist Association's General Assembly in Pittsburgh.

Additional email updates to come...

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