

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

September 1, 2022

Services – at Holy Trinity Church

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

“Personal Reflection”

Charlie Lehner, lay speaker

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

“Peace Like a River” (Water Communion)

Rev. Valerie Freseman

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

“The Work of Rural & Migrant Ministry”

Speaking about the work of this important ministry.

Noemi Sanchez, LI Regional Coord., and Maria Del Mar Pierdrabuena, LI Associate Coord.

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

“Risk and Belonging”

Rev. Valerie Freseman

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

Sept. 6th – Covenant Group. Southold Library, 4:00 p.m. Topic: “Humility”

Sept. 10th – Community Yard Sale. Church grounds, 9:00 a.m. – 3:00 p.m.

Sept. 14th – Social Action Committee & 8th Principle Task Force. Online – Zoom, 4:00 p.m.

Sept. 16th – Spiritual Practice Labyrinth Walk. Presbyterian Church parking lot, Main Road, Southold, 4:00 p.m.

Sept. 27th – Board Meeting. Parsonage, 4:30 p.m. All are welcome via Zoom.

Sept. 29th – Spiritual Practice. Online – Zoom, 7:00 p.m. Topic: “Sacred Text: Part 6 - Buddhism”

August Spiritual Practice Offerings

Labyrinth Walk – Friday, September 16th, 4:00 p.m.

Join us for a late afternoon Labyrinth walk. The labyrinth is next to the barn owned by the Presbyterian Church, right behind the Bank of America on Main Road in Southold. Please RSVP to firstminister@optimum.net or call the office if you have questions! Meet in the Presbyterian Church parking lot.

Sacred Text: Part 6 – Thursday, September 29th, 7:00 p.m., Zoom

Our sacred text study group continues with “Chapter 2: Buddhism” from Philip Novak’s book, *The World’s Wisdom*.

Covenant Group

Please join us, September 6, 2022, 4:00 pm at the Southold Free Library, upstairs. There is an elevator. Our topic will be, "Humility."

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

Among the spiritual qualities: "Humility's role can never be adequately described. It can only be felt." Sri Chinmoy

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

Thought for September...



*The love we give
is the love we get.*



News from the Building Team

The Building Team (BT) convened August 8, with Ray Calamari and Brian Davis (Beth Peterson was unable to attend). The purpose of this meeting was to inform the BT of status of our project and to meet with local builders for their input.

Brian and Ray reported on their meeting with the Architectural Review Board. They noted while it was generally a favorable meeting, there were some issues with the design brought up by members of the ARB. Ray had worked through them and presented the updates to the BT. The BT was favorably impressed and approved them for submission to the Historic Preservation Commission on August 25. (Note: The Southold Historic District runs along Main Road from Jockey Creek to the west to Wells Avenue on the east, bordered on the north by the LIRR tracks.)

The BT then met with a representative from Seifert Builders of Mattituck and Greco Builders of East Quogue and Huntington. Both felt the budget \$2.4M was "very tight" on first viewing for the building as presented. Brian and Ray had met with representatives from North Fork Building of Southold earlier and noted NFB felt more optimistic it could be done. All three contractors explained to the BT their process in completing our project, including but not limited to, dealing with sub-contractors, "shopping around" for best prices on materials, and their interactions with the BT.

Report of the meeting with the Historic Preservation Commission, 8/25: Ray met with the HPC and presented the updated renderings, utilizing the suggestions made by the ARB and approved by the BT. The meeting was also attended by BT member Sherry Smith and congregation member Patte McManus. (Note: While the meeting was closed for comments, Ms. Smith and McManus were both able to address the Commission and spoke about what it means to be UU and our dedication to this project.) Mr. Calamari reported, via email, the HPC was, initially, less than enthusiastic with our design. However, looking at his notes on their comments, some were simple fixes (e.g., changing the roofing materials color and shape.) Others will be more difficult to render and may indicate an "aesthetic difference of opinion." However, Ray feels generally good about the conversation and can adapt our design to satisfy the HPC concerns.

The BT plans a meeting to discuss the HPC comments/suggestions via Zoom early in the week of Sept. 5th. The goal now is to incorporate our responses to the HPC concerns into the building design, by the public hearing scheduled for Oct. 27th.

Mark Sisson, Chair
Building Team

Dear Beloved Community,

For me, one of the most interesting parts of virtual General Assembly this year was the Article II commission and the way they, along with several prominent theologians, among them Dr. Elias Ortega and Dr. Dan McKanan, offered moments of theological reflection and questioning to guide the delegates.

Attending General Assembly can be an intense experience of discovery. Thousands of UUS in one place, deliberating, meeting each other over lunch and in elevators, going to workshops and worship services that equip us with new knowledge and help us chart a course for the future. One gets from such gatherings a way to calibrate one's feelings of belonging. We are constantly striving to be more inclusive – sometimes failing, sometimes succeeding – and learning about how the spaces we create – even the temporary ones like General Assembly – reflect our values of welcome, belonging, and purpose.

At one point the Article II study commission asked us to reflect for a few minutes – about a time when we felt a sense of belonging.

The question is a key one because when we think about belonging and what it means to us as individuals, we can begin to understand the sense of belonging we extend to others. Article II defines our principles and purposes – what makes us a faith community. To wonder about belonging means we must wonder about its opposite. When have you felt excluded? When do we sometimes unconsciously communicate that a certain person, age group, or way of behaving does not belong, and how do you make sure you welcome and hear someone and attend to their needs of belonging? Who or what shifts when we attend to the theme of belonging and the tasks it sets before us?

This month's exploration of belonging will begin with water communion on September 11th – the service that marks the in-gathering of our energies and our hopes for the start of the congregational year. Please bring some water representing your dreams and hopes for the community. We have one more in our sacred text study group, so if you are interested in reading the book, *The World's Wisdom*, and joining us for the discussion of Buddhist texts please email me at firstminister@optimum.net so I can send you more information. We had a successful labyrinth walk last month, and we will do it again this month. Anyone is welcome to join us on Friday, Sept. 16th for this half-hour moving meditation.

Please note that you can always schedule a pastoral conversation with me by reaching me on the phone at 646-713-5928.

Brightest Blessings,
Rev. Valerie Freseman

Labyrinth Walk – August 12th



Our Sunday Services now Stream Live on Facebook

If you have a Facebook account, look up UUSouthold and LIKE our Page! Past services can be found if you go to the videos section of our page, found here:

<https://www.facebook.com/UUSouthold/videos/>

Every Sunday at 11:00 a.m. you should be able to view our livestream. Turn up the volume high on your computer, as the sound can be low. We're working on it!

We would love to have you join us there,
virtually!



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

So grateful to everyone for the continuing support of our summer First Sunday plate offerings. Some of you have been out of town or otherwise unable to attend worship in person, yet checks with Share the Plate (STP) in the memo line have been arriving at the parsonage throughout the summer.

The **Shinnecock Land Acquisition and Stewardship Fund**, established to protect sacred land from residential development and restore it to its natural state, will be receiving a check for \$200 as our August STP recipient.

CAST is the STP recipient for September. There will also be a box marked "CAST" at each service during September for nonperishables. Please keep your donations separated from Holy Trinity's food collection on the back table.

SAC & the 8th Principle Task Force conferred with both Rev. Valerie and Susan Johnson (Chair of the Worship Committee) about the inclusion of a land acknowledgement at the beginning of worship services. They both agreed and asked that the Board of Trustees be advised prior to such inclusion. Though not the final version, the land acknowledgement will probably read along these lines: "The land upon which we meet today was inhabited over 1,000 years ago by the Corchaug (the "ancient ones") who were direct descendants of the Orient Oyster Pond peoples whose Algonkian culture dates back over 6,000 years."

SAC is planning a trip to the Southold Indian Museum at the L.I. Chapter of NYS Archeological Association. More info to follow OR you can find out firsthand at **the next SAC & 8th Principle meeting on Wednesday, September 14, 2022, at 4:00pm, via Zoom.** We are also planning a fall clean-up event and asking for suggestions of a beach, park or elderly neighbor's yard.

LIAC (Long Island Area Council) is sponsoring a **virtual workshop on Sat., September 17th, 10:30am - 2pm, entitled "The 8th Principle: Building a Culture of Inclusion" with Paula Cole Jones (\$50 registration fee with LIAC offering a 50% scholarship to members of LI congregations).** For more info, please contact me at (631) 997-9405 or pattemcgoo@yahoo.com.

Highlights from UUA's General Assembly 2022

Rev. Jacqueline Duhart's sermon at the Service of the Living Tradition began with: "Together in bright hope, resilient faith and reverence...we: remember and honor the million+ people - beings - that have perished at the merciless hands of corona virus and all those who have been shamelessly murdered with the noose of patriarchy; acknowledge the deadly power of white supremacy, the familiar atrocity that took place in Uvalde, TX, and Buffalo, NY; the war in Ukraine; and the ongoing anguish of our climate crisis; and ALL injustices...May the words of my mouth and the meditations of my heart inspire the **Radical in you to rise UP and to Meet THIS Moment with unprecedented collaboration, courage and civic engagement.**"

Our Sunday, August 28th order of service included an insert listing currently available videos of public events from General Assembly 2022. Want a copy? You can call (631) 997-9405; email pattemcgoo@yahoo.com; or pick one up on Sunday.

Looking forward to seeing you there,
Patte McManus, Chair