

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



# The Free Spirit

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October 1, 2022

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

Sunday, October 2, 11:00 a.m.

**“The Work of Sound Justice Initiative”**

Dr. Kerry Spooner, lay speaker

Sunday, October 9, 11:00 a.m.

**“Driving Without a Map”**

Rev. Valerie Freseman

Sunday, October 16, 11:00 a.m.

**“A Doctrine for Reconciliation”**

Rev. Valerie Freseman

Sunday, October 23, 11:00 a.m.

**“The Beauty in an Inch”**

Rev. Valerie Freseman

Sunday, October 30, 11:00 a.m.

**“All Inclusive Living”**

Embracing all that is...the whole enchilada, the facts of life, can lead to a more balanced, purposeful life.  
Joe McKay, lay speaker

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

**Oct. 4<sup>th</sup> – Covenant Group.** Southold Library, 4:00 p.m. Topic: “Courage to Apologize and Forgive”

**Oct. 12<sup>th</sup> – Social Action Committee & 8th Principle Task Force.** Online – Zoom, 4:00 p.m.

**Oct. 14<sup>th</sup> – Spiritual Practice Labyrinth Walk.** Presbyterian Church parking lot, Main Road, Southold, 4:00 p.m.

**Oct. 18<sup>th</sup> – Board Meeting.** Parsonage, 4:00 p.m. All are welcome via Zoom.

### October Spiritual Practice Offerings

Labyrinth Walk – Friday, October 14<sup>th</sup>, 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 [firstuminister@optimum.net](mailto:firstuminister@optimum.net) or call the office if you have questions! Meet in the Presbyterian Church parking lot.

### Covenant Group

Please join us Tuesday, October 4, 2022, 4:00 pm at the Southold Free Library, upstairs. There is an elevator. Our topic will be, "Courage to Apologize and Forgive." We will focus on what makes it so hard for us to apologize and forgive. We will try to take one step forward.

"Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying, 'I will try again tomorrow.'"

-- Mary Anne Radmacher

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.

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

### 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 Building Team

The BT, with our architect and owner's rep, met with a joint session of the Southold Town Historic Preservation Commission and Architectural Review Board on Thursday, September 22, to present plans incorporating suggestions from those bodies. The new plans include a "straight" garden wall, with a Gothic arch entry gate, and other elements noted by the HPC/ARB.

We're proud to announce the HPC/ARB have given our plan their blessing and we can now proceed to the next step in the permitting process: a public hearing at 3:30PM, October 27.

Mark Sisson, Chair

Dear Beloved Community,

When did you last witness someone being brave? When did you feel courageous?

Our theme of *Courage* for the month of October is a very rich one, with many points for reflection. When we are given an opportunity to list people in our lives (or even people in history) who have been brave or courageous, we get a glimpse not only into who we admire and aspire to, but also what we may miss about bravery and courage. Acts of bravery occur in situations of danger or fear when a person acts regardless of consequence – for example, standing up to a bigot who is harassing a person on public transportation or to save someone in the line of fire. Acts of courage define something more long-term and persistent. To have courage is to have anxiety and fear and yet to face it, not just once, not just as an instinctual act, but repeatedly. Courageous people know that the future is uncertain but still meet it with hope and resolve – whether that hope takes the form of cooking a casserole for a friend who may be too stressed to think clearly, or making sure that a letter to an editor on a topic of importance gets written. To have courage is believe in our capacity for transformation – even when everyone and everything seems arrayed against it.

This month, we will examine courage in a multiplicity of ways – from having courage when we are feeling lost, to having the courage to develop the language of reconciliation with our indigenous neighbors, to wondering about how we can recognize the deep well of resilience that resides in us, and celebrate it.

I look forward to one last labyrinth walk before the winter. In the spring, depending on interest, we may create additional opportunities for outdoor walking meditation.

Blessings,  
Rev. Valerie Freseman

### **A Special Offering: Prophetic Voices**

**Hosted by UU Congregation of the South Fork (Bridgehampton)**

3rd Wednesdays, 7:00pm – October 19, November 16, December 14, January 18, February 15

Register to attend in person, at the meetinghouse: <https://uucsf.info/PropheticVoices>:  
or online: <https://uucsf.info/PropheticVoicesZoom>

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.

What they left behind is a roadmap to faithfully confront our own issues today. Dietrich Bonhoeffer, Howard Thurman, Reinhold Niebuhr, Dorothy Day and Abraham Heschel each came from different faith traditions and varied cultural backgrounds. They shared an abiding love for their traditions, a willingness to challenge established powers, including their own religious leaders, and to accept the cost that truth entails – both professionally and personally.

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

SAC received Board approval this month for the upcoming First Sunday Share the Plate (STP) collection. Last October we became a founding congregation of the **New York Unitarian Universalist Justice** network (that's **NYUJJ**, for short). This year we are using the October STP to meet our annual member obligation to support them in the coming year. There is no need to replicate the amount we collected last year since we far exceeded the requested donation of .1 of 1% of the congregation's annual operating budget.

I've heard the acronym **NYUJJ** pronounced as "nudge" or "noodge" and both are appropriate. As the State Advocacy network for the state of New York, **NYUJJ** both gently prods AND keeps it up, again and again and again. Their current issues include:

Climate – supporting the Climate and Community Investment Act (CCIA) in partnership with New York Renews;

Housing – supporting the Good Cause Eviction Bill;

Criminal Justice Reform – supporting the Fair & Timely Parole Bill and the Elder Parole.

**Wednesday, October 12, 2022 at 4:00pm is the scheduled date and time of the next SAC & 8th Principle meeting, via Zoom.** Among other agenda items, we will be:

- Prioritizing Share the Plate (STP) recipients for the remainder of the year;
- Reviewing what we learned at Long Island Area Council (LIAC) sponsored workshop entitled "The 8th Principle: Building a Culture of Inclusion" and organizing next steps;
- Scheduling a fall cleanup of the First Presbyterian Church labyrinth in Southold. The 30'-diameter meditation path was originally built as part of a Boy Scout Eagle Scout Project by a member of the church Youth Group. It has been open to the public for several years and is sorely in need of weeding and raking.
- Arranging our visit to the Southold Indian Museum at the LI Archeological Association which is currently only open on Sundays from 1:30-4:30pm. We are awaiting a return Bill; and,
- Death with Dignity – supporting the Medical Aid in Dying Act.

For updates about these and other initiatives, their current leadership and partners, and advocacy events and outcomes in the past year, visit <https://www.nyuuj.org>.

Speaking of updates, due to your continued generosity, there is a change to last month's report about two of our most recent Share the Plate (STP) collections:

**-Peconic Land Trust (Shinnecock Land Acquisition and Stewardship Fund)**, the August STP recipient, will be getting a check for \$300; and,

**-CAST**, the September STP recipient, will also be getting a check for \$300. In addition, they will also receive two nice sized boxes filled with the cereals and assorted canned goods you brought to Sunday services during September.

call regarding the availability of a docent for our group.

If you have ideas or suggestions that you'd like to share, or questions about any of the above, please contact me via email [pattemcgoo@yahoo.com](mailto:pattemcgoo@yahoo.com) or call me at (631) 997-9405. Better yet, join us at 4:00pm on Wednesday 10/12/2022!

Looking forward to seeing/hearing from you,  
Patte McManus, Chair