

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



# The Free Spirit

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November 1, 2022

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

Sunday, November 6, 11:00 a.m.

We are invited to join Holy Trinity for a special service to dedicate the new garth near the front entrance of the church. If you would like to join an online UU service, options will be sent out in advance.

Sunday, November 13, 11:00 a.m.

**“Food Insecurity on the North Fork”**

Katrina Hayes, Director of Food Insecurity Programs, CAST

Sunday, November 20, 11:00 a.m.

**“Remembrance Sunday”**

**You are invited to bring a photo or object related to a loved one for an altar of remembrance.**

Rev. Valerie Freseman

Sunday, November 27, 11:00 a.m.

**“The Sacredness of Birth”**

Elizabeth Morrison, midwife

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

**Nov. 1<sup>st</sup> – Covenant Group.** Southold Library, 4:00 p.m. Topic: “How Minds Change”

**Nov. 9<sup>th</sup> – Social Action Committee & 8th Principle Task Force.** Online – Zoom, 4:00 p.m.

**Nov. 12<sup>th</sup> – Leadership Retreat.** Holy Trinity, 10:00 a.m. – 2:00 p.m. For more information, please contact [firstminister@optimum.net](mailto:firstminister@optimum.net).

**Nov. 17<sup>th</sup> – Evening Meditation.** Online – Zoom, 7:00 p.m. “Meeting the Season of Change”

**Nov. 19<sup>th</sup> – Holiday Cheer & Food Drive Drop-off.** Church parking lot, Southold, 12:00 – 2:00 p.m.

**Nov. 29<sup>th</sup> – Board Meeting.** Parsonage, 4:00 p.m. All are welcome via Zoom.

**Coming Attractions!!! (cont'd.)**

**Looking Ahead... Dec. 3<sup>rd</sup> – Holiday Gift Sale & Toy Drive.** Holy Trinity, 9:00 a.m. – 3:00 p.m. Shop multiple vendors for gifts and treasures. Bring a new, unwrapped toy – receive 3 free raffle tickets!

**Covenant Group**

Please join us Tuesday, November 1, 2022, 4:00 pm, upstairs at the Southold Free Library. The elevator takes you next to the Luck Hallock Folk Room, where we meet. All are welcome. Our topic will be, "How Minds Change."

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.

"Don't change your mind just because people are offended, change your mind if you are wrong."

-- Anonymous

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

**News from the Building Team**

The Building Team met with members of the Blue House Task Force, the Board, and Mssrs. Calamari and Davis to discuss the options available to the Church for the Blue House. The plans for the overall building project must include, for code compliance, a second septic system if we continue to use the BH as a rental property, and the house also requires some refurbishment. The BT held this meeting to allow the Board to make an informed decision.

Our project's plans continue to move through Southold's permitting process. We are pleased to report that the Southold Historic Preservation Commission, by unanimous vote, approved our Certificate of Appropriateness at the public hearing held on October 27. Next step: the Southold Planning Board.

Mark Sisson, Chair

**Supporting Our Community**



**Nov. 19<sup>th</sup> & 20<sup>th</sup>**



**Dec. 3<sup>rd</sup> & 4<sup>th</sup>**

## November Spiritual Practice Offerings

Evening Meditation – Thursday, November 17<sup>th</sup>, 7:00 p.m., Zoom

November ushers in the shorter days as well as wonderings about transformation, grief, and harvest. Join Rev. Valerie for an evening vespers service celebrating our spiritual resilience and the lessons of change and renewal.

Dear Beloved Community,

As much as I love the ease of summer, fall is still, frankly, an awesome time of year. In both spring and fall, everything feels ripe with possibilities. This year has been a particularly beautiful fall, the kind where you find yourself marveling at the quality of the light and the colors of the leaves. It is not a surprise that many people embrace fall as their favorite season – after all, a whole category of vacationing is built around leaf-peeping – escaping urban areas to journey to places of outstanding natural beauty to experience all the smells and tastes. In the fall, there is an opportunity to take stock, to begin to slow down, to prepare for winter and to reflect on the year that is rapidly ending, and perhaps taking time to discard that which no longer serves us.

Fall reminds us of the inevitability of change – but not all changes are as gradual or as beautiful as those we witness in the world around us during the fall season.

Some changes are abrupt, unasked-for, and even traumatic – loss of income, loss of a loved one, or the appearance of an illness, or natural disasters. Nothing can prepare us for these changes, but we can seek healing and solace, as well as spiritual fortitude, by cultivating compassion for ourselves and others. Through thinking how we can be of service to others, through coming together in communities and associations to learn about our own spiritual talents and find wisdom, we learn how to cope.

On November 6, our regular service is cancelled, and you are invited to join Holy Trinity as they dedicate their new Garth contemplative space on All Souls Day. Our service will be cancelled so they can use their entire church building for this special event, which will combine both Redeemer Mattituck and Holy Trinity together in one service. For those of you who prefer to attend a Unitarian Universalist service, we will be sending out links to alternative services that you can view at home online. We will also be hearing from Katrina Hayes, Director of Food Insecurity issues for CAST, a multifaceted agency that we know well for its good work addressing food insecurity and other issues here on the North Fork.

Elizabeth Morrison will also speak on the Sacredness of Birth this month.

Please join me for an evening contemplative meditative service on the subject of change scheduled for November 17<sup>th</sup>, online.

Blessings,  
Rev. Valerie

### **News from the Social Action Committee (SAC) & 8th Principle Task Force (in brief)**

SAC had its scheduled fall cleanup of the First Presbyterian Church labyrinth in Southold on Friday, October 14th. By way of showing appreciation for the church allowing Rev. Valerie to lead a monthly meditative walk through the labyrinth, SAC members did some light weeding and raking. An hour and a half, however, was not enough, so a couple of members returned on Saturday, October 22<sup>nd</sup>, to finish the job.

Sunday, October 23<sup>rd</sup>, was rainy and cold but a group of members and friends received a warm welcome to the Southold Indian Museum at the LI Archeological Association. Museum President, Dr. Lucinda Hemmick, treated us to a trip through thousands of years of Corchaug (Algonquian) history.

**New York Unitarian Universalist Justice (NYUJJ)** - our October Share the Plate (STP) recipient envisions “a Beloved Community that cultivates systems based in justice, equity, and compassion where all New Yorkers thrive.” Thanks to all who contributed, **NYUJJ** will be receiving a check for \$205 that more than meets our annual member obligation.

SAC News, in the October *Free Spirit*, listed some of the issues taken up by **NYUJJ** during the past year. An unfortunate misprint of the last two issues mentioned should have read: “Criminal Justice Reform — supporting the Fair & Timely Parole Bill and the Elder Parole Bill; and Death with Dignity — supporting the Medical Aid in Dying Act.”

During several monthly meetings, SAC has mulled over how our small congregation might respond in a just and loving way to the everyday suffering we are witnessing due to natural and human-caused disasters. As the frequency and severity with which the natural world wreaks havoc increase, our email and postal mailboxes are filled daily with requests for our gifts of time, talent and treasure from a growing number of unvetted entities.

At the end of September, we received a different request - one which answered many of the common questions faced by small congregations. UUA President, Rev. Susan Frederick-Gray, asked that we consider giving to the UUA Disaster Relief Fund at a time when the Fund was near depletion and Southern Region congregations and their communities had recently been hit by Hurricane Ian.

Since our regular First Sunday service in November is being cancelled, due to the dedication of Holy Trinity’s new garth (contemplative cloister), **our First Sunday STP collection to benefit the UUA Disaster Relief Fund will be held on Sunday, November 13, 2022.** There are many UUA “Program Areas and Special Funds” that could use our “gifts of labor, love, and money,” and you can find info on all of them online at UUA.org. The **Disaster Relief Fund** provides assistance “to help congregations in repairing any damage, and to support them in responding to the needs of their members’ and their community’s efforts to get back on their feet.”

**Wednesday, November 9, 2022, at 4:00pm is the scheduled date and time of the next SAC & 8th Principle meeting, via Zoom.** Roll up your sleeves - we are in for a few busy months. Among items on the agenda:

- Drive-through food collection at our church parking lot in Southold, on Sat., Nov. 19th;
- Holiday sale and toy drive at Holy Trinity in Greenport, on Sat., Dec. 3rd;
- Planning winter film series sponsored by the 8th Principle Task Force (January - March)

For a full report of SAC’s activities and links to the programs and issues mentioned above, please visit the Social Action Committee page on the church website at [www.firstuniversalistsouthold.org](http://www.firstuniversalistsouthold.org).

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