

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



# The Free Spirit

Church Office: (631) 765-3494

Office Hours: Wed., 10:00-4:00

Church Web Page – <http://FirstUniversalistSouthold.org/>, e-mail address: [SoutholdUU@optonline.net](mailto:SoutholdUU@optonline.net)

April 1, 2018

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## Services

April 1, 2018 at 11:00 a.m.

### **“Life’s Enduring Paradox”**

Sermon written by the Rev. Dr. Don McKinney.

Jack Speyer, lay leader

April 8, 2018 at 11:00 a.m.

### **“All in?”**

Sooner or later, no matter how successful our lives and our work, we will experience doubt and anxiety. As Unitarian Universalists, doubt and questioning are part of the “DNA” of our faith, but they are not always welcome experiences. Today’s service is a celebration of doubt, and what early Christians can teach us about what to embrace about doubt and uncertainty today that can help us weather uncertain times.

Valerie Freseman

April 15, 2018 at 11:00 a.m.

### **“Congregational Wellness”**

This sermon was written by an unknown author.

Gale Alexander, lay leader

April 22, 2018 at 11:00 a.m.

### **“Earth Day in Story & Song: The Interconnected Web of all Existence”**

Ceil Loucka, lay speaker

April 29, 2018 at 11:00 a.m.

### **“Remembering the Ladies”** (a stage reading)

Letters by three colonial women, surviving the dangerous winters of the American Revolution

Written by Alan Stewart

## Coming Attractions !!!

**April 3<sup>rd</sup> – Covenant Group.** Southold Library, 4:00 p.m. Topic: “Enjoying Life’s Journey”

**April 9<sup>th</sup> – Theology on Tap.** North Fork Taps & Corks, 7:00 p.m. Topic: “Enjoying Life’s Journey”

**April 11<sup>th</sup> – Board Meeting.** Parsonage, 5:00 p.m. All are welcome.

## **Save the Date:**

**May 20<sup>th</sup> – Annual Meeting.** Holy Trinity Episcopal Church, Greenport, 12:15 p.m.

### **Covenant Group**

We will meet Tuesday, April 3rd, 4-5 p.m., upstairs at the Southold Free Library. All are welcome. Bring a friend.

Our topic will be “Enjoying Life’s Journey.” Bring a high and a low to share for the month.

Your gifts, whatever you discover them to be, can be used to bless or curse the world. The mind’s power, the strength of the hands, the reaches of the heart, the gift of speaking, listening, imagining, seeing, waiting. Any of these can serve to feed the hungry, bind up wounds, welcome the stranger, praise what is sacred, do the work of justice, or offer love.

In Peace,  
Ginny Cornell

### **Theology on Tap**

Please join us at Taps and Corks, Southold, 7 p.m., April 9<sup>th</sup>. The topic will be “Enjoying Life’s Journey.”

Plenty of parking behind Michelangelo’s Restaurant. Bring a friend. Good conversation and support!

Any questions, call Ginny Cornell (631-765-8082) or Susi Young (631-765-1590)..  
Membership and Outreach Co-Chairs

### **Giving and Receiving**

Extend Love Outward

This can take the form of a silent blessing  
towards someone you might have previously judged,  
a loving greeting, a kind remark,  
or a thought wishing  
the highest good for all concerned.

### **Notes from the Building Team**

We are pleased to report that the proposed design of the new church was well received at the two recent congregational meetings (Wed., Feb. 28 and last Fri., Mar. 23).

We showed what we have accomplished by displaying a 3-D model, exterior site plan, interior floor plan, possible sanctuary seating arrangements, and two conceptual watercolor renderings.

We thank everyone for sharing their views and vision. We will consider your suggestions and make changes where applicable.

The next stage of the design process (heating/cooling, materials...costs, etc.) will move us closer to our groundbreaking goal – Fall of 2018.

Irene Stewart  
Building Team Chair

Do you have a news item, announcement, or picture for the *Free Spirit*? You may send it to Susan Pond at [suepond@optonline.net](mailto:suepond@optonline.net), or mail it to the church post office box.

**The deadline for submissions is the 20<sup>th</sup> of each month. Thank you.**

## Reminder: Pledge Cards Due April 10th

Just a quick reminder: If you haven't yet filled out your pledge card for next year, please take a moment and give it some thought. The Board needs to know what our members and friends are planning to give in the coming year in order to finalize the proposed budget for the Annual Meeting (coming up on May 20th).

So, please take a moment to fill out your card and return it to our church Receiver, Donya VanBuren, ASAP! You may mail it or put it in the collection plate on Sunday. (If you don't have a card, please let me know and I will get one to you right away.)

Thank you,  
Susan Pond, Treasurer

## Gardening by the Sea

Welcome to spring. March came in like a lion and he is still roaring. After four storms, we will be very happy to say hello to April and hope for better days.

I have a patch of heather by my front door and it has been blooming since February, even under the snow. The daffodils are trying very hard, poking their buds above the snow.

It is now safe to put pansies outdoors. They are hardy to light frosts. Wait until nighttime temperatures are around 50 degrees to put houseplants outside. If the temp decides to dip you can always cover them with an old sheet.

Pick some forsythia to bring indoors. The buds will open rapidly now that the sun is much warmer and they have started to show their color. Wait until spring bushes finish blooming to have them pruned. Most of the old fashioned hydrangeas bloom on last year's wood. Only trim last year's dead blooms now. The green buds are this coming season's flowers and leaves.

If your lilacs need pruning, remove every third cane. This holds for other deciduous bushes that need to be thinned out.

Enjoy the coming spring flowers. We have waited a long time to see them.

Stay well.  
Shalom,  
Ceil

## LIAC's Annual Spring Dinner

Saturday, April 28<sup>th</sup>  
UU Congregation of Shelter Rock  
Veatch House Ball Room  
48 Shelter Rock Rd, Manhasset, NY.

Keynote Speaker: Julica Hermann de la Fuente\*  
"Our Commitment to Anti-Racism Requires Risk and Resilience"  
Cocktail hour: 6 p.m. Dinner: 7 p.m.  
Dinner tickets: \$25 in advance / \$30 at door

**FREE afternoon workshop, 2 - 5 p.m.**  
Garden City UU, 223 Stewart Ave., Garden City, NY  
"When Words Get in the Way: A Teach-In About White Supremacy Culture"  
With Julica Hermann de la Fuente\*

To register: Please send check made out to **LIAC** to Gretta Johnson-Sally, 5 Reydon Way, Commack, NY 11725. ("Dinner" in memo line of check) Info: gjsdre@hotmail.com

\*Julica Hermann de la Fuente serves on the Beloved Conversations Retreat Leader Team and as a Program Leader for the UU College of Social Justice.

## Thoughts on Spirit

### Our Acorn-ness

I collected acorns from an early age. The adage, "Mighty oaks from tiny acorns grow!" spurred my boyhood imagination. I mused on the little nut's pregnant potential, on the idea that everything it could ever become was contained in this little shell in the palm of my hand. Later, when I realized they have to let go their protective "caps" before they can even begin to grow, my interest in botany was born.

My love of acorns and oaks stayed with me, and the metaphor they provided may have inspired my career in human development and life potential.

We're taught to think of "potential" as something for young people to realize. For people in middle age, our culture abets "over-the-hill" and "coasting" attitudes rather than encouraging personal reinvention scenarios. And finally, "retirement" memes abound that challenge any notion of our "acorn-ness."

But what I've learned over these many years working in the field is that we never really "arrive" ... that the oak continues to reach. As we mature, growth opportunities shift emphasis from physical, to intellectual, to emotional & spiritual, but they always exist. We need never "coast" or "retire." If we are honest with ourselves, we *know* that we have work to do to become "fully human."

No matter our age, all potential is realized little by little, in daily increments, one challenge at a time. It does not happen automatically. Like the acorn, we have to move out of a protective comfort zone, let go of something so we can grow on.

Eleanor Roosevelt wisely advised, "Do one thing every day that scares you." I suspect she was speaking from personal experience.

Adapted from a talk at the Universalist-Unitarian church, 2/25/18  
by Joe Mc Kay

### Now I Can See That

if I had beautiful words  
worthy of the charm

of these pale lilies with deep  
green leaves spotted white,  
you'd fall at my feet, over

come with awe for these  
wonders, wonder supplies

you, and every one

with a hunger to remain

here, at the table,

with a full plate, and a pot  
of perfection; leaves,  
playing second fiddle to

the most amazing  
trumpets, blaring a color

that I can not name

Mary James