

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



# The Free Spirit

Church Office: (631) 765-3494

Office Hours: Tues. 11-2, Wed. 10:00-2:00, Thurs. 11-2

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

May 1, 2018

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## Services

May 6, 2018 at 11:00 a.m.

### **“Activating Hope in the Midst of Crisis”**

I will share my personal journey of where I found hope when the world seemed to be unraveling, bad news was everywhere, and despair and depression were settling in on me. I’ll share ideas, tools and organizations that keep me going, with hope that others may want to join me on some of the cleared paths I’ve found.

Margaret de Cruz, lay speaker

May 13, 2018 at 11:00 a.m.

### **“The Myth of Motherhood”**

On the second Sunday of May we have set aside a day to honor motherhood. But do we honor it really? Or have we built myths around what it means to be a mother and then inflict them on one another?

Rev. Dr. Linda Anderson, UU Community Minister affiliated with the UU Fellowship at Stony Brook

May 20, 2018 at 11:00 a.m.

### **“Congregational Wellness”**

This sermon was written by an unknown author.

Gale Alexander, lay leader

May 27, 2018 at 11:00 a.m.

### **“The Uses of Unhappiness”**

In honor of Memorial Day, some musings on Ralph Waldo Emerson’s first two sermons, and a bobbin boy named Nathaniel Prentiss Banks, who came from poverty and grew up to be an ardent abolitionist, and perhaps the least accomplished Union General in the Civil War.

Beth Peterson, lay speaker

## Coming Attractions !!!

**May 1<sup>st</sup> – Covenant Group.** Southold Library, 4:00 p.m. Topic: “New Ventures”

**May 7<sup>th</sup> – Theology on Tap.** North Fork Taps & Corks, 7:00 p.m. Topic: “New Ventures”

**May 8<sup>th</sup> – Board Meeting.** Parsonage, 5:00 p.m. All are welcome.

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

**Covenant Group**

We will be meeting Tuesday, May 1, 4-5 p.m., at the Southold Free Library. All are welcome. Bring a friend. Also, bring a high and a low to share.

Our topic will be "New Ventures."

In Peace,  
Ginny Cornell

**Theology on Tap**

Please join us at Taps and Corks, behind Michelangelo's in Southold, Monday, May 7<sup>th</sup>, at 7 p.m. Plenty of parking. Bring your own snack. All are welcome.

Ginny Cornell and Susi Young  
Co-chairs, Membership and Outreach

**Giving and Receiving**

When we are kind to ourselves and to one another,  
things change for the better.

**Notes from the Building Team**

We (Architect and Building Team) have moved forward, while awaiting the "go ahead" from the Planning Department of the Town of Southold.\*

Drawings and 3-D architectural models and other information have been shared with the Board and the membership (at Board meetings and at the informational membership meeting on Feb. 28, 2018).

On behalf of the church, we have:

Made representations of our basic building design to the Town Historic Preservation Commission, and Town Building, Planning, and Zoning Departments;

Worked with an artist to render the design in two water color images;

Coordinated with the project consultants including Landscape Architect/Site Planner, Structural and Civil Engineer, and LEED Consultant;

Worked closely with the Construction Manager;

Provided images of the design to post on the church website, and to use in connection with fund-raising.

We are continuing to work together to resolve remaining architectural design details.

\* We submitted our site plan and survey to the Town of Southold on Nov. 6, 2017 and resubmitted it mid-March 2018 because we had not heard from them. (If you have any friends at the Building, Zoning or Planning Boards of Southold Town, please speak to them on our behalf!)

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.**

### President's Post-Its

After over two years, our wonderful Office Manager, Lisa Voglesonger, will be leaving us to pursue her love of cooking at a local restaurant, full-time. She has been a wonder to work with and she will be missed.

In her place will be Nancy Grigonis, who has been training with Lisa the whole month of April. I'm sure she will do a terrific job for us. Years ago Nancy was in the Southold Post Office, then moved south and is now back on the North Fork. She will be working three days a week: Tuesdays 11-2, Wednesdays 10-2, and Thursdays 11-2.

All the best to both Lisa and Nancy.

Susi Young

### Thoughts on Spirit

#### The "Otherness" Quandary

A recent article in *The NYT*, "Wired to Be Besties," revealed scientific evidence that we are by nature inclined to befriend people who are most like us. The more "otherness" we sense, the less likely we are to become close. If you think about it for a while, and be honest with yourself, you can sense this inclination, not only with regard to other people, but toward anything that is strange, new, or 'Ugh!' in our experience.

Pervasive cultural memes may seem to contradict nature as they encourage us to embrace "otherness." Chief among these are TV ads and programs showing Americans of different ethnicities sharing good times and life experiences. Such memes are often criticized because they do not reflect reality, so much as an alternate reality.

But in this era of unprecedented global communication, personal contact with diverse people, cultural exchange and trade, embracing "otherness" seems to me important to promoting peace and understanding among us. If we do only "what comes naturally" we might find ourselves living within very narrow confines, with a lot of stress and unresolved conflict.

A case might be made, then, for the idea that we have to *practice* being with "otherness." After all, what has been "wired" can be "rewired." But it takes an act of the will and a willingness to endure some discomfort. If we come to sense a greater benefit by changing, over the complacency of remaining the same in our preferences and habits, then we might embark on a program of change. (The acknowledgement of a drinking problem, the wish to be sober, and the decision to get help at AA meetings comes to mind.) What we listen to, view and read, i.e., our "information feed," might be a good place to begin.

Archie and Edith Bunker were forerunners in dramatizing the conflicts that arise for most of us as we face the variety of experiences in daily life. So much of everyday living, if it is to be successful, requires easing ourselves outside of our comfort zone.

And sometimes the help of an "other" is necessary.

If we acknowledge ourselves to be evolving creatures who are free to choose from a broad spectrum of possible behaviors, then we can accept both our natural inclination to prefer sameness, and our "other" interest in experimenting.

Let there be peace on earth, and let it begin with(in) me!

Joe Mc Kay  
May 2018

### Gardening by the Sea

Happy Spring - finally! I am writing this column on Earth Day. The theme of this Earth Day is "End Plastic Pollution!" It is the 50th Anniversary of Earth Day. We celebrated at our church service this morning with story and song. I brought in seeds from my gardens and gave them to whomever had garden space and wanted to plant some.

It is not too late to prune roses. They could all use some high phosphorus food for their roots. Also, daffodils and other spring blooming bulbs could use some of the same kind of fertilizer. Do not cut their leaves until they turn brown on their own. The leaves are busy feeding the bulbs.

Drip irrigation is the healthiest way to water your beds. Water on the leaves can lead to fungus. Snake the perforated hose around the plants you want to water. Morning is the best time to water as it lets the water get down to the roots where it is needed before the sun dries it up.

If there is moss on your lawn, it needs lime. Consider starting a compost pile. It should decompose by next spring and it is considered "black gold."

Houseplants can now be moved outdoors. Put them in the shade until they get acclimated. The last frost date for our area is April 15th.

Being outdoors feeds the soul even if you no longer can garden. Find a sunny spot out of the wind with a comfortable chair and soak up that sun!

Until next month, happy plants make happy gardeners!

Stay well.  
Ceil

### UUA Central East Region

Each month, the Central East Region of the UUA offers a number of workshops and discussions, in webinar format, addressing various aspects of congregational leadership, management, and financial planning. May's webinars include:

- Annual Program Fund Monthly Webinar, May 1, 5-6 p.m.
- Our Shared Future: Giving in UU Congregations, May 12, 1-3 p.m.
- Money Matters Learning Community, May 14, 7-8:30 p.m.
- The Yearly Stewardship Calendar, May 22, 7-8:30 p.m.
- Presidents & Leaders Roundtable, May 23, 7:30-9 p.m.
- The Yearly Stewardship Calendar, May 30, 3-4:30 p.m.

You may participate via Zoom, iPhone or regular telephone. To obtain the connection information for a specific webinar, click on the event that interests you on the calendar at this link:

<https://www.uua.org/central-east/programs/programcalendar?month=2018-05>

### Camp Unirondack

Are you looking for a fulfilling, wildly fun, outdoor experience for your young one? Unirondack, a UU summer camp nestled in the foothills of the Adirondacks, might be the place for you. While our high school sessions are already full for the summer, our 12-14- and 14-16-year-old sessions still have room!

Campers at Unirondack live the experience of building a unique, caring UU community that puts their experience first. Built upon the values of the seven principles, we strive to create a camp community that is intellectually stimulating, welcoming to campers of all walks of life, and gives youth the opportunity to leave the rest of the world behind while they perform in talent shows, paint with watercolors over a wild Adirondack lake, swim and canoe in nature, and let their imaginations run wild in theater and music.

Email [Director@unirondack.org](mailto:Director@unirondack.org) or visit [www.unirondack.org](http://www.unirondack.org) for more info!