

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. 10-2, Thurs. 11-2
Church Web Page – <http://FirstUniversalistSouthold.org/>, e-mail address: SoutholdUU@optonline.net

July 1, 2018

Services

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

“A Sense of Community”

Tom Wickham will speak on his experience living and working in diverse communities and what seems to make them vital and engaged.

Tom Wickham, lay speaker

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

“Quantum Spirituality”

Crossroads between science and spirituality.

Brian McManus, lay speaker

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

“Reflections on War and Peace in Anxious Times”

The definition of war is widening and peace seems more elusive than ever. How do we live with “combatant anxiety”?

Joe McKay, lay speaker

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

“Conflict: The Interconnected Complexity”

Conflict is common. Conflict is human. But, wow, is it hard to deal with.

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

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

“Cultivating Empathy”

Rev. Ned Wight, Interim Senior Minister, UU Congregation at Shelter Rock

Coming Attractions !!!

June 30th & July 7th – Thrift Sale. Church grounds, 9 a.m. - 3 p.m.

July 3rd – Covenant Group. Southold Library, 4:00 p.m. Topic: “Immigration: Part II”

July 9th – Theology on Tap. North Fork Taps & Corks, 7:00 p.m.

July 17th – Board Meeting. Parsonage, 7:00 p.m. All are welcome.

Covenant Group

Please join us Tuesday, July 3, 4-5 p.m., at the Southold Free Library. All are welcome. Bring a friend. Also, bring a high and a low to share for the month.

Our topic will be "Immigration: Part II." What can we do to give support to our fellow human beings?

In Peace,
Ginny Cornell

Theology on Tap – Monday, June 9th

Join us at Taps and Corks, behind Michelangelo's Restaurant in Feather Hill, Southold, at 7 p.m. Plenty of parking. Bring your own snack. We will have a lively discussion!

Ginny Cornell and Susi Young
Church Ministries

Notes from the Building Team

Just to mention a few things that are (currently) happening...

After a 7-month delay, the Town of Southold Planning Board has issued a list of additional requirements they need before we can meet with the Planning Board members.

A 4-page report of technical information/site plan drawings will include: (outside) lighting design, landscape/topography design, a storm water plan, and a parking plan. These items are usually not required at this stage of the building process, but are needed now (according to the Town) because we are in a Historic District and they get to see, up-front, "everything" we plan to do!

While waiting for the Town Planning Board Review:

- Kolb Contracting is drawing up plans / costs for the HVAC system.
- Condon Engineering is working on options for structural framing for the building.
- Rosen (LEED) is working on environmental/energy/benefits/costs.
- Building Team is looking at driveway and parking lot surface materials, plants, etc., and contacting Continental Custom Windows to give us some baseline estimates for our windows. The windows will be "customized" depending on their location (sunlight-resistant on the south-facing sides and triple-glazed on the north-facing sides) to mitigate energy costs.

Much is happening! We will keep you posted.

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, or mail it to the church post office box.

The deadline for submissions is the 20th of each month. Thank you.

Board Notes

As your new Board of Trustees President, I plan to do all I can to facilitate the rebuilding process by meeting with Town officials to find out why the process with the Planning Dept. is so disorganized.

We have been told that we may need to provide an E.I.S. (Environmental Impact Study) to show that we are in compliance with New York's S.E.Q.R.A. (State Environmental Quality Review Act). This normally is only required for large, complex, or impactful projects, e.g., a new shopping center. It is a long, tedious process. Being in a historic district, we are subject to that process, but it could be waived considering that we had a church and parish hall on that site.

At our meeting on June 19th, Jack Speyer gave us a report from the insurance company. We have received most of the insurance money and it is invested in short-term CDs. This last payment is being negotiated.

We are considering more congregational input on the design of the steeple and the color of the buildings, along with choice of pews. When you are asked for input, please reply.

On August 1st we will welcome our new Minister, Rev. Valerie Freseman. She will be moving into the parsonage at the end of July. Her first service will be the second Sunday of August.

If you have any questions, please feel free to phone the church office and leave a message for me: 631-765-3494.

Stay well and stay cool.

Shalom,
Cecilia Loucka

Giving and Receiving

Gratitude is an angel
that blesses both giver and receiver.

Fund-Raising Campaign

We wrote to over 1,000 UU congregations across the country, challenging them to raise \$1 from each of their members to help with our Rebuilding Fund. We have already received dozens of responses. Congregations with as few as 8 members and as many as 200+ have sent their support and good wishes. Here are a few of their messages:

"...our very best wishes for your rebuilding – and homecoming process."
First Existentialist Congregation of Atlanta (55 members)

"...thank you so much for allowing us to be part of your efforts to rebuild your church."
1st UU Congregation of the Palm Beaches (126 members)

"Good luck with your rebuild. There's strength in numbers!"
UUC Upper Valley NH/VT

"...decided to send you \$100...[from our] 100 members. Then we read your story on ...GoFundMe...and changed our minds. We all wanted to do more."
UU Village Church, AR (\$500 from 100 members)

Thoughts on Spirit

Patience

“Are we there yet?” was one of my earliest expressions of impatience. I remember deciding to count out loud in the car when the response came, “It’ll be just a little while longer.” By the time I got over 1,000, I had surely tried the patience of the saints who were my parents.

I don’t know if there was any way I could have been taught ‘way back then that “patience is a virtue,” that “getting there is half the fun!” I was a kid and they were the time-tested Mom & Dad of four of us, each our own version of Dennis the Menace.

I recall diversions being suggested like, “Why don’t you count to yourself quietly the billboards we pass, and tell us every time you tally up another 100!” There was a combination of love... and something else... in the dynamic. My parents loved that they had four healthy kids, but their thoughts strayed, I’m sure, into “how-long-will-it-be-‘til-they’re-grown-up?” territory.

It occurs to me only now, as I did not have children myself, that patience really is an expression of love... love of what is at this moment... “living in the now.” And it’s right up there with forgiveness, gratitude, generosity, and empathy, as an element of love.

Loving the process... whatever it is... is not always easy, just as forgiveness or empathy is sometimes not easy. “Watching the grass grow” is a metaphor for all the boring times even the most disciplined of us must endure.

So kids ask “How much longer?” and their parents do as well, forgetting that trying moments somehow morph into loving memories. The destination ain’t ever what it’s cracked up to be anyway, so we might just as well enjoy the ride.

I was reminded of this recently when a normally 2½ hr. Jitney ride home from NYC took 5½ hrs. due to a terrible accident-caused traffic jam, and a new driver and hostess getting lost big time in their effort to find detours. Passenger nerves became raw as the driver seemed to miss alternative routes one after another that most of us knew. The collective impatience was contagious.

Thanks in good measure to the fact that I was in the planning stages of writing this column, I was able to see the situation as an opportunity to practice being patient, to love the process. I didn’t join in the clamor, sat back in my seat, did some yogic breathing, made two calls to cancel evening plans, meditated, read a lot, napped, and enjoyed seeing some folks actually talking cheerfully with strangers! When we arrived in Southold at 7:30pm, I could honestly say, “That wasn’t so bad!”

And I was reminded once again of Viktor Frankl. After five years imprisoned and tortured in three camps during World War II, he responded upon release to reporters seeking to hear his personal horror stories, “I learned a lot about myself.”

That’s patience... wrapped in love and forgiveness. Frankl served himself well in his response, and modeled the Great Commandment, “Love thy neighbor as thyself.”

Joe Mc Kay
July 2018

Help Spread the Word

If you haven’t taken a look yet, please be sure to see our fund-raising campaign, “First Universalist Rises from Ashes,” on GoFundMe: <https://www.gofundme.com/rebuildfirstuni>

UU congregations from Maine to Florida, from New York to California, are sending their support. You can help make this campaign a success by spreading the word – via email, Facebook, Twitter, or your favorite social media.