

First Universalist Church of Southold  
PO Box 221 Main Road  
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# The Free Spirit

Rev. Valerie Freseman, Minister

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September 1, 2018

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## Services

September 2, 2018 at 11:00 a.m.

### **“Still I Learn!”**

Opening up and exploring the ongoing and unfolding adventure of our lives. What inner qualities do we need to foster in order to feel emotionally regulated, resilient, and realized? Mindfulness is simply being present with what is as it is. Being present in our own lives and being passionate about the work we do in our lives is about “beginning again and again, using everything,” as Gertrude Stein said so simply and so profoundly.

Mary Grace Benolich, lay speaker

September 9, 2018 at 11:00 a.m.

### **“Wellspring” (Water Communion)**

Join us for the Unitarian Universalist tradition of Water Communion, where we celebrate our common life with a ritual of combining water and using it to “water” our collective aspirations for the next year. Please bring a container of water to use in the service.

Rev. Valerie Freseman

September 16, 2018 at 11:00 a.m.

### **“Communication in Our Communication Age”**

Communication and the sheer amount of data that we process (or not) and how it affects our relationships, actions, etc., in our daily lives.

David Nyce, lay speaker

September 23, 2018 at 11:00 a.m.

### **“To Everything a Season”**

It's time to put aside the summer and welcome the winter. Let's use the “balance” inherent in this time of year—the Autumn Equinox—as a metaphor for the role of balance in our communal and family relationships—where do we look for inspiration in this task?

Rev. Valerie Freseman

September 30, 2018 at 11:00 a.m.

### **“UU and Me”**

Reflections on my personal spiritual journey and what Unitarian Universalism means to me.

Mary James, lay speaker

## Coming Attractions !!!

**September 4<sup>th</sup> – Covenant Group.** Parsonage, 4:00 p.m. Topic: “How to Talk with One Another”

**September 10<sup>th</sup> – Theology on Tap.** North Fork Taps and Corks, 7:00 p.m. Conversation: “Do we really need rituals?”

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

**September 18<sup>th</sup> – Board Meeting.** Parsonage, 6:30 p.m. All are welcome.

**September 20<sup>th</sup> – Spiritual Practices Workshop.** Parsonage, 6:00 p.m. Topic: “Introduction to Spiritual Practice” (see workshop series description on page 4)

**Covenant Group**

We will be meeting at the PARSONAGE, Tuesday, September 4<sup>th</sup>, at 4 p.m.

Our topic is, “How to Talk with One Another.” Bring your ideas to the group. Do we really listen to one another? Do we judge before we hear all sides? Just a few questions we will be working on.

This is an open group. All are welcome.

Bring a high and a low to share for the month.

In Peace,  
Ginny Cornell

**President’s Notes**

I hope this finds you with a smile on your face – grateful for our many blessings and another day to enjoy a beautiful flower.

Some good news!! We have filed more necessary papers with the Town of Southold Planning Dept. on Monday, August 24<sup>th</sup>. This time we made sure we received a signed, dated receipt. By the end of August we are hoping to receive a final estimate on the cost of our new church complex. The process is slow and involved.

We are enjoying our new minister, Rev. Valerie Freseman. Having been without a minister for over a year, we are thankful for her valued presence. We are trying to make her comfortable in our multi-use parsonage.

Some gardening news: If your outdoor potted flowers are showing yellow and brown spots and areas, it is from the recent, frequent rains. First they cooked and dried out and now they are swimming!

We hope to see you at Sunday church services. If you are not able to come, we will miss you. Know that you are not forgotten.

Shalom,  
Cecilia Loucka, President

**Fund-Raising News**

**Now you can DOUBLE the value of your next gift !**

How, you ask? Sherry and Thornton Smith have offered to do a matching donation campaign – for every dollar donated by members and friends, they will give a dollar up to a total of \$10,000.

This is a wonderful opportunity to double the value of your contribution – and those of your family, friends, and neighbors. We need your help to make the most of the Smiths’ generous offer. Now is the time to speak to your friends and loved ones and ask for their support – remember, every dollar given will be worth two! We are counting on you to help turn \$10,000 into \$20,000!

To count toward the matching donation, please be sure to put, “Building Fund Match” in the memo on your check.

Thank you for helping us make the most of this special opportunity, and THANK YOU, Sherry and Thornton!

**Greetings, beloved ones.**

The work of being together in religious community is often doing what is near, while keeping in mind also what is far. What is near is always this Sunday's service, a desire for company during trouble, or fellowship at a circle dinner, not to mention breaking ground on such a task as important and complex as a new church building!

What **seems** far – or perhaps the word is daunting – are large issues that face our association, such as the culture of white supremacy and the need to reform our immigration system, both of which were named in the most recent issue of *UU World* which arrived in our office yesterday as central to this June's General Assembly gathering in Kansas City, Missouri. I urge you to go to the UUA website to find streaming videos from this past summer's general assembly, in addition to the printed copies of *UU World* that you will likely receive in your mailboxes soon.

All our desires are intertwined; to find our way through to both places – near and far – requires practice, knowledge, and wisdom, a lot of perseverance, and much more than a little love.

I trust that as fall begins this coming month, we will find an abundance of both. Thankfully, we don't have to do it alone!

Many blessings,  
Rev. Valerie

Giving and Receiving

**BE KIND**

*To everyone you meet today.*

**Notes from the Building Team**

Signed, Sealed and Hand-Delivered...

all the documents/drawings requested by the Town Planning Department were re-filed at Planning, on Monday, Aug. 24, 2018. (Planning Department Application was originally submitted in November 2017.)

Our architect, Peter Marren, and builder, Eugene Burger, are working together on the updated, comprehensive cost estimates. The Building Team (BT) and Board will review the new estimated costs when we get them (in a week or two). Our architect and BT will work within the building budget and cost estimates to determine the final scope of the work of building the church. There will be a series of meetings and discussions: our architect, builder, BT, and various sub-contractors/vendors will meet to resolve these issues. All of it will be reviewed by the church Board.

We will keep you posted when our Variance Meeting is (to be) scheduled, this fall. We need a variance to place the new church the same distance from the curb/street as the old church (...and a few other things). We expect to be approved. But we have to go through the Variance Meeting process, first.

Our building design was presented (and favorably received) at the Southold Historic Preservation Commission.

***We are moving forward...!***

Irene Stewart  
Building Team Chair

### Workshop Series – Spiritual Practices

When: 6pm-7pm, alternating Thursdays until December (excepting Thanksgiving) beginning September 20th

Where: Parsonage

What: This class will explore various types of spiritual practices, and will include practical work, discussion and reading. Each workshop can be taken as a “stand alone” workshop, or you can take the series!

Please RSVP to [fristuminister@optimum.net](mailto:fristuminister@optimum.net) so we know how many materials to purchase and how many to expect.

Date	Topic
September 20	Introduction to Spiritual Practice
October 4	Prayer and Meditation- Personal Practice
October 18	Communal Worship and Practice
November 1	Spiritual Partners and Guides
November 15	Mind Practices/The Intellect
November 29	Body Practices
December 13	Soul and Play Practices
December 27	Life Practices- Integration

### Thoughts on Spirit

“There Are Two Sides to Every Story”

...and “There’s more than one way to skin a cat” are aphorisms that suggest we STOP and consider the validity of an idea, proposition, or recommendation, and any alternatives, before we accept and act on it. Getting a second opinion is most always a good thing, especially when it comes from our own decision to look at something from another angle. Each of us needs to go in search of his/her own truth, and to use our conclusion to do what is right, as we each see it.

I believe that this advice applies to just about everything, from personal decisions to adopting a position on issues beyond our control. Gather facts, others’ thoughts, then run it all through the best sifter there is, your own mind and feelings. The end product is your very best!

Keep your mind open, and be willing to change it. Review the important stuff in this manner, frequently. Our culture often argues that we shouldn’t second guess ourselves... in the interest of getting on with it. That idea is frequently floated by someone who wants us to jump on *their* bandwagon. Bandwagons offer comfortable rides ... we all sing the same tune, and merrily roll along without having to think for ourselves.

I think it’s vital to lend our time and energy to group efforts whose goals we support... but it’s still important to do it in a way that reflects our own refined thinking.

I was once asked to join a small anti-war rally at the main intersection in Key West to protest the bombing decisions of Bush/Cheney/Rumsfeld. It was to be a silent affair on a Sunday afternoon... no shouting...letting our individually made sign or banner speak for itself. I was in total agreement with the effort, but not comfortable with the violent sounding messages I read. So I made my own sign to say simply, “Love thy neighbor as thyself...” A motorcycle guy passing through stopped and approached the group hurling abusive insults at us one-by-one. When he came to my sign, he was clearly taken aback... his face softened and his body language lost its angry edge, although he said nothing.

I like to think that my decision to protest my way... in favor of an idea I believed to be at the heart of the matter, rather than “Bush bashing” ... had some effect on that man. I’ll never know... but I spoke my truth, after deciding there might be more than one way to skin a cat!

Joe Mc Kay  
September 2018