

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



The Free Spirit

Rev. Valerie Freseman, Minister

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

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

October 1, 2018

Services

October 7, 2018 at 11:00 a.m.

United Nations Sunday

Rev. Valerie Freseman

October 14, 2018 at 11:00 a.m.

“Edith Mitchill Prellwitz Mural”

Wendy Prellwitz

October 21, 2018 at 11:00 a.m.

“The Perils of Positive Thinking”

Rev. Valerie Freseman

October 28, 2018 at 11:00 a.m.

“Supernatural”

Rev. Valerie Freseman

Coming Attractions !!!

October 2nd – Covenant Group. Parsonage, 4:00 p.m. Topic: “Serenity”

October 4th – Spiritual Practice Series. Parsonage, 6:00 p.m. Topic: “Prayer and Meditation – Personal Practice” (see series description on page 4)

October 8th – Theology on Tap. North Fork Taps and Corks, 7:00 p.m. Topic: “Afterlife”

October 16th – Board Meeting. Parsonage, 6:30 p.m. All are welcome.

October 18th – Spiritual Practice Series. Parsonage, 6:00 p.m. Topic: “Communal Worship and Practice” (see series description on page 4)

Covenant Group

Please join us for our discussion on “Serenity,” October 2nd, 4-5 p.m. in the parsonage. All are welcome. Bring a friend.

We will review all the 100 ways to make a difference in our community. Amazing how many in our church have accomplished more than half!

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

God grant me the serenity to accept the things I cannot change; Courage to change the things I can; And Wisdom to know the difference.

In Peace,
Ginny Cornell

President's Notes

As I write this I am wondering if the sun has taken a vacation!! But then I remember our flooded neighbors in the Carolinas. Our prayers go out to those displaced and devastated by the damage caused by Hurricane Florence. It was only two years ago when some of those same areas were flooded.

We have a new member on the Board of Trustees, Brian McManus, who replaces Gale Alexander who retired. Brian is a very welcome addition who has had experience as a construction manager on large projects.

To those of you who have Netflix, I recommend the movie/documentary titled "Defying the Nazis - Sharp's War." It is about a UU minister from Mass. who is asked by the UUA to go to Czechoslovakia during WW II to help evacuate mostly children. His wife goes with him. It is a good reminder.

Our new directory of members and friends will be available on the sign-up table at Sunday services in October. Some of our friends and members who we don't see regularly have not been forgotten. They are remembered in our hearts whenever we gather to worship.

Be well and don't give up. Politics will get better - it can't get much worse.

Hope to see you soon.
Shalom,
Ceil

Greetings, Beloved Ones.

"The perfect is the enemy of the good."

Not long ago, I heard that phrase in a ministers' gathering and it struck me as a perfect description of a commonly experienced but frequently unnamed pitfall. Individually or in group projects, we strive strenuously to meet a desired checklist of success. How could a need for perfection be wrong? I have come to see that sometimes preparation, practice, and adaptation are more important than having every desired outcome met. And being attuned to what could possibly be good also allows us to have more of a "boost" than feeling as if we are picking ourselves up after failure. Failure then becomes a teacher rather than just a dead end.

No organization I can think of tackles this gap between ideals and reality on a greater scale than the United Nations, which recently reconvened for the year. Peace and the work of the Unitarian Universalist office at United Nations will be the topic of our first service in October on the 7th. We will also have a presentation by Wendy Prellwitz, noted local artist, on October 14th. And, since Halloween is around the corner, we will also be considering what role some fantasy and horror-literature and TV could play in understanding our theology and values.

On another note, Beth Peterson and I are looking for volunteers who are interested in working with the youth connected to our congregation, especially for Coming of Age. If you are interested in being a sponsor or in working with us on this program, please contact either Beth or myself so we can be in touch with you!

Through email, I will be updating folks on the Spiritual Practice Series as well as volunteer opportunities I learn about in the community.

As always, please feel free to reach out to me if you have a pastoral concern and need a listening ear.

Warm Regards,
Rev. Valerie

Fund-Raising News

There is still time to **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 matching 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!

Giving and Receiving

Share some words of wisdom
a friend told you today (or recently)
that inspired you.

Notes from the Building Team

On Monday, Sept. 10th, the Town of Southold Planning Board **approved** our plans. We submitted all the Planning Board permit drawings (Site Plan, Grading & Drainage Plan, Landscaping Plan, and Lighting Plan), as well as the preparation of application forms, and the Long Form Environmental Assessment. All of this was requested/required by the Town of Southold Planning Board. It took an enormous amount of time and work for our Site Planner and Architect.

Next Step: the **October 15th Planning Board Public Hearing**

Meeting place: Town Hall Meeting Room/Court Room. Time: 4:00 pm

This is an Open Meeting. Everyone may attend. The ZBA (Zoning Board of Appeals) Variance Meeting will be scheduled after a few more Planning Board work sessions take place.

Cost Estimates: The Board and Building Team will receive the 2nd cost estimate from our builder, Eugene Burger, very soon. Approving the budget from Burger will allow the design team to prepare the Construction Documents.

Repeating myself... Waiting for Planning Board "approval" slowed everything down. Now that we have it, other meetings (the Public Hearing /Oct 15th. and the ZBA, etc.) should happen more quickly. Hooray!

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.

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 so we know how many materials to purchase and how many to expect.

Date	Topic
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

UUA Central East Region offers – FALL LEADERSHIP DAY

When: Saturday, Oct. 13, 9:30 a.m. to 4:00 p.m.

Where: Community UU Congregation, 468 Rosedale Ave., White Plains, NY

Workshops: Where Did All the Children Go?
 What’s Going On? Congregational Conversations
 Approaching Difference Creatively
 Reenergizing and Sustaining Annual Stewardship Drives
 Messaging in Pictures: Graphic Design for Amateur in Your Congregation
 Congregational Safety and Disruptive Persons Policies
 Crowdfunding UU Dreams with Chalice Lighters and Faithify Programs

Registration & Information: <https://www.uua.org/central-east/events/region/leadership-day-ny-1018>

News from LIAC

Beloved Conversations Retreat and Workshop Series

Beloved Conversations is a teaching and learning curriculum developed by Meadville Lombard Theological School (the UU seminary in Chicago). It is an intensive learning and workshop series on race and ethnicity. LIAC (Long Island Area Council of UU Congregations) is offering this program, that begins with an opening retreat Nov. 30 – Dec. 1, followed by eight 2-hour seminar sessions, to be held at different locations across LI.

Opening retreat: Friday, Nov. 30 – Saturday, Dec. 1

Location: UU Fellowship of Huntington, 109 Browns Rd., Huntington

The retreat will be followed by 8 weeks of guided experiential exercises.

Seminars at a Glance

- 1) Deep Check-in: Making Sense of the Retreat; the Invisible Footprint of Racial/Ethnic History
- 2) Exploring Our Dynamic of Racism and Privilege
- 3) Racism Today: Micro-Aggressions
- 4) Interrupting Racism
- 5) Community Audit: The Experience of Race and Ethnicity in Your Community
- 6) Power and Process: How Institutional Change Happens in Our Congregations
- 7) Prophetic Vision: Towards a Multicultural Congregation in Solidarity with the World
- 8) Building the Bridge Between Our Present and Our Future

For information, contact Rev. Linda Anderson at: RevLin23@gmail.com