

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: Mon. – Thurs. 10:00 – 12:30

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

June 1, 2020

Services

June 7, 2020 at 11:00 a.m.

“Stirrings of Compassion”

Rev. Valerie Freseman

June 14, 2020 at 11:00 a.m.

“A Life Within, A Life Without”

Rev. Valerie Freseman

June 21 & June 28, 2020

Many congregations across our region and the country are offering ZOOM and virtual worship. This is a chance to see a variety of worship styles and topics during social distancing.

A google search will yield many examples in all time zones, but here are a few of our neighboring congregations in New York/Long Island. Check the websites of the following congregations and follow the instructions for contacting them about how to connect to “live” virtual services through zoom or through YouTube and Facebook.

UU Fellowship of Stonybrook: <http://uufsb.org/> (10:30 am)

UU Congregation of Shelter Rock: <https://uucsr.org/on-demand/worship/>

UU Fellowship of Huntington: <https://www.uufh.org/> (10:30 am)

UU Congregation of the South Fork/Bridgehampton <https://uucsf.org/> (10:30 am)

First Congregational Society of Brooklyn Heights <http://www.fuub.org/home/> (11:00 am)

Coming Attractions !!!

June 2nd – Covenant Group. Online – Zoom, 4:00 p.m. Topic: “Survival”

June 3rd – Morning Meditation. Online – YouTube, 10:00 a.m.

June 3rd – Community Service/Action Follow-up. Online – Zoom, 5 p.m. Follow-up meeting for the Community Service and Action Task Force. All are welcome.

June 5th, 12th, 19th, 26th – Afternoon Tea. Online – Zoom, 4:30 p.m.- 5:30 p.m. A time for fellowship and connection.

June 10th – Theology on Tap. Online – Zoom, 7:00 p.m. Topic: “Utopia”

June 16th – Board Meeting. Online – Zoom, 5:30 p.m. All are welcome.

Covenant Group

We will meet on Zoom, June 2, 4-5 pm. The topic is, “Survival.”

June 2 is our newest member’s birthday!!)

Happy Birthday, Susan Johnson!

Amazon has free Kindle readings. Also, the library has free books on-line and Kindle readings.

How to Survive a Pandemic by Michelle Barrows

How to Survive Anything by Michael Fleeman

Bring a high and a low to share for the meeting. Call me if you are not on the list and would like to join us. All are welcome!

“Keeping an active mind has been vital to my survival, as has been maintaining a sense of humor.” Stephen Hawking

We are still collecting food for the mini pantry in back of the Arcade (Greenport). You can pull up close to the door and park. There is a small lock on the door, just open and put your food in. One day I drove past and there were 6 people in line.

In Peace,
Ginny Cornell
ginc289@optonline.net or 631-765-8082

Thought for June:

The more you feel grateful, the more love you give;
and the more love you give, the more you receive.

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.

Sincere Sympathy to the Young Family

It is with a heavy heart that we say farewell to Peter Young. Peter was a 40-year plus member of our church family. Always with a smile, he was willing to pitch in on any project, and we benefited from his knowledge and experience. He served faithfully on our Building Team since the fire in 2015, and set up for our Sunday church services for the past 5 years. We could count on Peter. We all will miss him.

Our love and sympathies are with Susi and their family.

Notes from the Building Team

It is rumored that the Town of Southold offices/Building Department will reopen on June 15th. (We do not know when our turn will come, after that?) But, as I wrote in the Building Team Annual Meeting Report, if all goes as planned (and all the needed documents/reports are completed, priced, reviewed by our church Board, and submitted), we will be ready to begin construction. We are very close, now!

Also, in my report, I posted a few (exterior and interior) computer drawings of the church. A display of the drawings will be set up in the church office and if interested, you can make an appointment, with Nancy, to see them. I will let you know when it is ready.

Imagine that... in just a little over a year (May 2021) we will be opening the doors... of our beautiful new church!

And I really mean IMAGINE THAT because thoughts become things! The thoughts we IMAGE and focus on... we attract to ourselves.

Let's see it happening! Let's see us...

welcoming members and friends...

holding church services...(in our new church)

enjoying concerts, art shows/sales, lectures, exercise classes, dinners, dances and theater...

teaching RE and adult ed classes...

And everything else we do so well.

Let us make our 186th church-year a wonderfully happy and prosperous year!

Irene Stewart
Building Team Chair

While we are apart, you can stay current with your pledge and help us stay current with the church bills by mailing your weekly contribution to:

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

Or go to <http://firstuniversalistsouthold.org/connect-2/donate/> to donate online.

Thank You !

Greetings, beloved community.

The last three months of the COVID-19 pandemic have taught many of us unexpected lessons of compassion – compassion for frayed nerves, compassion (and patience) for new ways of doing things, and gratitude for those who put themselves in harm's way for us daily. We are living through an extraordinary historical moment.

All faith communities are learning that the congregation has never been just the building itself or the chance to meet physically. It is about the care we take with one another and our neighbors and friends, the justice we seek for the world.

Our UUA leadership has recommended that congregations across the country plan for virtual gathering through the end of May 2021. You can read the detailed and comprehensive recommendations of Rev. Susan Frederick-Grey, the UUA President, and Trustees on the UUA website www.uua.org.

Sit with this news a moment. It may be hard to hear. But we must rely on science and careful planning as time goes on and we hear about the development of a vaccine and other public health developments. The Board and I will be gathering information to make recommendations that are at once compassionate, practical, and attuned to our circumstances. Congregational life is still happening, the ministry is still “open.”

My theme this month is compassion. Compassion is not mere kindness. The pursuit of a compassionate heart is a life-long quest, with many teachers – spiritual, intellectual, and experiential. It is not just a matter of “paying it forward” or donating to those in need, though these things are indeed compassionate acts. It is not only about self-care, either, which is the observation of how you are being compassionate with yourself.

Compassion is also born from our awareness of seeing both the intent and the actions of our words and deeds. The history of this world and this nation gives us examples of how what we call compassionate has changed over time.

There was a time when it was considered ethical and compassionate to warehouse those with severe mental illness or those who were differently able. Women who had children out of wedlock were branded with stigma and shame, their options for the support and care of their children depending on economic status. Indigenous people were “re-educated” far from their native culture and families on many continents in the name of compassion, a tool of colonization and dominance even today that is being wielded by Chinese government against the Muslim Uyghur minority.

Compassionate change, however, is all around us, not just in political and social movements but also in our own personal radius. The fruits of compassion reside in our actions and deeds, and in the way we stay in relationship with one another, even during conflict, confusion, anger, and anxiety. This is a lesson we learn by “practicing being human” in faith communities of all kinds. A healthy spiritual growth space is one in which we fine tune our own ability to hear, listen, and act with compassion and then take that learning into the world. Compassion is not “pity” but the rigorous application of love in the forging of right relationships.

This month in my worship services I will be exploring the theme of compassion, and what this quality calls us to do. In Theology on Tap, we will explore the idea of Utopia. On June 3rd, we will follow up with a second ZOOM meeting on the topic of community service.

Yours in faith,
Rev. Valerie

Thoughts on Spirit

This poem was born of the conflicting emotions I feel over the current political landscape. Not wanting to use the word “hate” ... ever... but finding it on my lips frequently, I struggled to examine my personal history as regards “love.”

It was titled as you see it because it was written in mid-February 2020... a coincidence! It is not about romantic love, but about the Love we are urged to develop for all creation, human and non-human. It seemed to me, at the end, that it is a never-ending struggle, victory dependent on our self-awareness and avowed intentions.

Love, Be My Valentine!

I don't know
if I always knew
that love is
the answer...

I'd like to think so.

I'd like to think that
“down deep,” no matter
what I was doing
or saying or thinking,
love lurked nearby,
its hook ready to
yank me from the lip
of the abyss
where not-love lived.

But I'm not certain!

With my now-consciousness
I try to fathom
that sanctuary,
that inmost place
yet to be located
by anatomists
where not-love and love
duke it out daily,

where hell and heaven
dwell side-by-side,
not separated from
real life, not reserved
for future occupancy,
but connected by
a well-oiled swinging door.