

PUUF Newsletter– January 2023

PUUF is currently offering in-person services on the 1st and 3rd Sundays of the month with an interactive Zoom option for those wishing to participate remotely (link provided below). *There will be no service on January 1, 2023 – Happy New Year everyone!* This month, beginning on Jan 8 at 9:00 AM, Buddhist meditation teacher Dan Dempster will begin offering a meditation and dharma talk on the 2nd and 4th Sundays. See below for details.

COVID Protocol:

Depending on the current recommendations concerning COVID and the comfort level of those in attendance, please be prepared to wear a well-fitting mask while in the building. Social distancing will be encouraged and to that end the maximum capacity of the Fellowship has been reduced to 25, a very good reason for arriving a few minutes early.

Sunday, January 15, 2023, 10:30 AM On Zoom and In Person at the Pagosa UU Fellowship

Intro to Taoism *with Bob LeCour*

Learn about a simple yet powerful set of ideas based on nature that describes a way of living that's balanced, moral, and spiritual. Legend tells us that the Tao Te Ching was authored by Lao-Tzu, a prophet who was the keeper of the imperial archives in the city of Luo Wang about 2500 years ago. Lao-Tzu decided to leave this region due to political turmoil but he recorded the essence of his teachings before he left. The Tao Te Ching's 81 verses outline this life philosophy. In the talk, I will share how these teachings have had an influence on me personally.

Bob LeCour is a local resident who has studied spiritual sources for over 40 years. He has multiple degrees in science and technology. He finds that the life style in Pagosa supports his spiritual growth with its emphasis on the natural world.

Zoom Instructions:

Pagosa Unitarian Universalist Fellowship is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/8991941305>

Meeting ID: 899 194 1305

Dial by your location

+1 346 248 7799 US (Houston)

**Love, Compassion, Joy and Equanimity:
Learn the practices of a kind heart and an open mind**

*Learn meditation and the purpose of meditation. Cultivate peace of mind and calmness of body.
Develop patience, kindness and awareness. Diminish pain, conflict and stress.*

New meditation group: Beginning in January, 2023, Pagosa Unitarian Universalist Fellowship is delighted to host a new in-person meditation group, meeting 9-10:30 am on the second and fourth Sundays of the month. The format will be meditation practice 9-9:45, Dharma talk 9:45-10:15; and tea 10:15-10:30. Meetings will also be available for remote participation on Zoom using the same link provided for Sunday services.

Our group leader is a certified meditation instructor, authorized Dharma teacher and long-time student of Khenpo Migmar Tseten, Buddhist Chaplain at Harvard University.

Although we will be practicing traditional Buddhist meditations, one does not have to be Buddhist to benefit from these beautiful practices. Meditation instructions are reviewed every session, so newcomers can learn as those more experienced deepen their practice.

We will be introduced to three authentic meditation practices: Calm-abiding (Shamatha); Concentration (Blue Lotus); and Healing (Tonglen). These will be applied within the context and intent of the Four Immeasurables: the cultivation of love, compassion, joy and equanimity for all.

Newcomers are welcome anytime, no experience necessary. Please bring a blanket and water. Meditation cushions and chairs will be provided. Sessions will begin promptly, please arrive a few minutes early to settle in. For the consideration of others, mask wearing is encouraged.

Suggested donation of \$10-\$20 greatly appreciated, however no-one will be turned away for lack of funds. Meditation instruction itself is always free.

For more information, please email info@pagosauu.org

Homeless Care Kits

Friend of the Fellowship, Kristen Roth, has taken the initiative to put together care kits for our homeless population and would like to share what she is doing in hopes that others will follow her lead. As you drive around town and elsewhere, you will see homeless people on the street. Consider keeping care kits in your car to give away. At the end of this newsletter you will find Kristen's suggested kits for both men and women as well as a resource guide to services within our community that can be included in the kit.

UU Fellowship of Durango – Sundays, 10:00 AM

You are welcome to join with the congregation of UUFD for their Sunday morning service with this link:

<https://durangouu.org/worship/upcoming-worship-services/>

First Unitarian Church of Albuquerque – Sundays, 9:00 AM

Join with the congregation of First UU of Albuquerque in their Sunday worship service via Zoom at 9:00 AM. Use this link to their website - <https://uuabq.org/sunday-services/> and click on **Virtual Worship** to link in.

Join us on Facebook – “Pagosa UU Friends”

Anna Ramirez moderates this private Facebook group for PUUF. Join with your friends and engage in conversation about the UU Albuquerque services. You must have a Facebook account first and if you need assistance setting one up, please contact Anna at 970-264-3634, 970-317-4645, or afrancis@hotmail.com. Once you are in Facebook, search for “Pagosa UU Friends,” click to Join, and your request will go to Anna. Already in the group? Here’s the link:
<https://www.facebook.com/groups/604025339719408/>

Meditation Sangha

Debra Quayle, authorized Tara Mandala teacher in Eugene, OR, is offering an online meditation group suitable for both new and experienced practitioners. Based on Buddhist teachings, this group will consist of a 30-minute dharma talk followed by meditation guidance and a 30-minute practice. If you are interested or have any questions, please email Debra at eugene.or@taramandala.org and she will add you to the group list and send you the Zoom link to connect to the live sessions. This group is offered freely. You may make donations if you wish but it is not required.

Working for Racial Equality (WRE) is a local organization based in Archuleta County. The overarching mission of WRE is to expose racism and take action to stop it. WRE has members who have personally experienced the negative impacts of racism and members who have not. Because these two lived experiences are incredibly different, WRE meetings include 1. Implementation of action items to be part of the leadership of marginalized voices and 2. education about what it means to be an ally. WRE members examine beliefs, fears, and biases that perpetuate racism. Through education, book and article discussions, as well as personal sharing, members explore historical and current racism. Working for Racial Equality meets on Wednesdays, 6:30-8pm, via Zoom. The meetings are open to the public. To get more information and the Zoom link, please email workingforracialequality@gmail.com

Check out WRE: WorkingforRacialEquality.org

On Facebook:

<https://www.facebook.com/groups/workingforracialequality>

Your Caring Committee

If you would like someone from the Fellowship to call periodically to say “hello” and check-in to see how you’re doing and if there’s anything you need, please contact Joan Ward with the Caring Committee at joanyward@gmail.com or call 970.382.1925 and leave a message. We’re here to help!

In Memoriam

In this time when our ability to console and comfort one another is limited, we use this space to honor those loved ones who have passed, whether human or animal. If you would like to honor a passing, please send a photo and memoriam to Karen LeCour at info@pagosauu.org.

homeless care kit

Label male or female (feminine products in female bag)

- • Bandages (large and medium)
- • Neosporin
- • Tissues
- • Bar soap
- • Toothbrush, travel sized toothpaste and dental
- • Tampons “Super” sized (for female care packages)
- • Soft breakfast/protein bars (watch out for melty chocolate)
- • **Local resources sheet (printed resource directory included in bag)**

In addition to bag, optional:

- • Socks (this is the #1 most asked-for item-wool or fine quality thermal socks only)
- • Gloves (Good quality)
- • Water bottle (stainless steel)
- • Quality multivitamins

What to avoid: Hand sanitizer, mouthwash, anything with fragrance, large items. Hand sanitizer and mouthwash because they have alcoholic content and this is not a good idea for potential addicts. Fragrance, because it is insulting and many people have sensitivities. Large items, because they are difficult to carry. Gum, nuts, or anything difficult to chew. Many homeless individuals develop dental issues, so it is best to start with things that are easier on the teeth.

Misc extras, optional

- • Headlamp flashlight
- • Flashlight
- • Hand warmers
- • Can opener
- • Quarters for laundry
- • Tarp
- • Sewing kit
- • First aid kit
- • Utensils
- • Ziploc bags
- • Good tent
- • Good sleeping bag

Take the time to pull the car over and get out and talk if you can. Ask their name, their story. A hand-delivered care package, a few minutes of conversation, a smile, genuine eye contact, all this can go a long way towards showing someone that they are important, valued, and loved.

RESOURCES

24 Hour Hotlines:

Mental Health Crisis (Pagosa Spgs)

Axis Health System Crisis Line

970-247-5245

Domestic Violence/Sexual Assault Services:

Rise Above Violence (Pagosa Spgs)

970-254-9075

Alternative Horizons

(Domestic Violence - Durango)

970-247-9619

Sexual Assault Services Organization (SASO-Durango)

970-259-3074

Colorado Crisis Services:

(provides confidential help for mental health, substance abuse or emotional crisis)

844-493-8255 or text "TALK" TO 38255

Shelters:

Volunteers of America Southwest Safehouse

(Durango) 970-259-5443

La Puente (Alamosa)

719-589-5909

PO Box 1235

Alamosa, Colorado 81101

Bridge Emergency Shelter

970-565-9805

735 N Park St.

Cortez, CO 81321

Hot Meals:

Loaves and Fishes:

Thursdays 11-1 Pagosa Spgs

Now distributing food at the Community United Methodist Church - 434 Lewis St.

Manna (Durango):

Monday-Saturday 9:00-1:00pm

970-385-5095

1100 Avenida Del Sol, Durango

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Food Pantries/Churches:

Community United Methodist Church Pantry

434 Lewis St.

Tuesdays, Wednesdays, Thursdays 10-noon

St Patrick's Episcopal Church Pantry

225 S. Pagosa Blvd.

Thursdays & Fridays 10-noon

Pope John Paul II Catholic Church Pantry

353 S. Pagosa Blvd.

Wednesdays 9-noon

Tara Community Center Food Pantry

333 Milton Ln, Arboles

Wednesdays, Saturdays 10-noon

Amazing Grace Community Church Pantry

77 Navajo Cr., Aspen Springs

Wednesdays 10-1, Fridays 11-12

Restoration Fellowship Pantry

264 Village Dr.

Mondays 11-1, Wednesdays 4-6, Sunday 12:30-1

Pagosa Outreach Connection (POC)

970-247-9444

1315 Main Ave.

Suite 121

Durango, CO 81301

A confidential, multi-agency effort aimed at providing one-time, emergency, "last resort" assistance to individuals or families facing near term financial crisis.

Disability Related Services:

Archuleta County Department of Human Services

(Financial Services):

970-264-2182

United Way of Southwest Colorado:

970-247-9444

Health Care (walk-in clinics, emergency, transportation):

Pagosa Medical Group

970-372-0456

Pagosa Springs Medical Center

970-731-3700

Upper San Juan Health Services District

Emergency Medical Services

970-731-5811

Medical Shuttles:

(at the Archuleta Senior Ctr)

970-264-2167

Law Enforcement

Town of Pagosa Police Department:

970-264-4151

Archuleta County Veteran Services:

970-264-4013

Shower (Pass \$20/6 pack):

Pagosa Springs Community Ctr

970-264-4152

451 Hot Springs Blvd.

PO Box 1859

Pagosa Springs, CO 81147

Transportation:

Mountain Express Transportation

970-264-2250

\$1 downtown only

\$2 downtown to uptown or downtown to uptown