



## February 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). Meditations are held on the 2nd and 4th Sundays at 9:00 AM. See below for details.

If either the service or the meditation is cancelled due to **winter weather**, a notification will appear on [pagosauu.org](http://pagosauu.org) by 8:30 AM.

### *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.

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**Sunday, February 5     10:30 AM**

### **On Zoom and In Person at the Fellowship Hall**

#### **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.

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**Sunday, February 19     10:30 AM**

## **On Zoom and In Person at the Fellowship Hall**

### **Siding with Love**

With Valentine's Day in mind, join Joan Ward to hear the message "Siding with Love." Joan will be reading the sermon by Reverend Lisa Friedman. Reverend Friedman discusses how moments of decision to side with love happen all the time:

Those moments "remind us that the decisions we make in our day to day lives do make a difference. They point out the ongoing choices we make between standing uncomfortably on the sidelines of our messy world, unsure of what to do, and acting deliberately in small but concrete ways to help create a kinder, more compassionate reality. They return us to the powerful truth that in critical times it is possible to stand on the side of love, and, in the mystic's words, "to help its mighty power to surge upward and surmount every obstacle" by defending, supporting, and advocating for each other as if we all were equals in our humanity."

Reverend Lisa Friedman is the Developmental Minister at the UU Church of Minnetonka in Wayzata, Minnesota.

Joan Ward is a service leader and a member of the Steering Committee.

*Side with Love* is a public advocacy campaign that seeks to harness love's power to stop oppression. It is sponsored by the Unitarian Universalist Association. <https://sidewithlove.org/>

### **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)

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## **Love, Compassion, Joy and Equanimity: 2nd and 4th Sunday meditation**

**February 12 and 26**

**Meditation Practice 9-9:45, Dharma talk 9:45-10:15; tea 10:15-10:30**

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## Also available on Zoom using the link above

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.

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.

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 [pagosauuf@gmail.com](mailto:pagosauuf@gmail.com).

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## Our Donations to the Pagosa Outreach Connection

What is the POC?

The Fellowship donates to the POC and a representative of the Fellowship participates in the meetings. The POC website states: "The Pagosa Outreach Connection is a collaborative, multi-sector group of concerned citizens including nonprofit, business, faith-based and governmental agencies who gather weekly to screen, advocate and provide financial assistance to residents in need." <https://unitedway-swco.org/pagosa-outreach-connection/>.

How much do we donate and what needs have we helped in 2022?

The Fellowship gives \$1500 annually and some members and friends give an additional amount through the Fellowship. For 2022, a total of \$2,537 was given to POC. The areas of need we helped were: Utilities - \$50; Rent/Housing - \$1,250; Auto Repair - \$475; Eye Care - \$150.

According to our representative to the meetings, the needs are increasing, especially in the area of rent/housing.

If you are interested in giving an individual donation to POC through PUUF, send a check made payable to PUUF with "POC donation" on the memo line and mail to Pagosa UU Fellowship, PO Box 5984, Pagosa Springs, CO 81147.

Thank you for your support!  
Joan Y. Ward

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## Homeless Care Kits

Friend of the Fellowship, Kristen Roth, has taken the initiative to assemble care kits for our homeless population. If you would like to help in this effort, Kristen's suggested care kits for both

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men and women as well as a resource guide to services within our community can be found using this link:

<https://pagosauu.org/wp-content/uploads/2023/01/homeless-care-kits.pdf>

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## 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/>

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## 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.

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## 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](mailto: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/>

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## 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](mailto: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.

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**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](mailto:workingforracialequality@gmail.com)

**Check out WRE:** [WorkingforRacialEquality.org](http://WorkingforRacialEquality.org)

**On Facebook:**

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

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## 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](mailto:joanyward@gmail.com) or call 970.382.1925 and leave a message. We’re here to help!

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## 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](mailto:info@pagosauu.org).

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