



March 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 by 8:30 AM.

Please note: **March 12 marks the return of Daylight Savings Time**

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, March 5 10:30 AM

On Zoom and In Person at the Fellowship Hall

Trauma and Courage

Recording of Sermon by The Rev. Angela Herrera

First Unitarian Church of Albuquerque

Please join us to hear a recorded sermon by the Reverend Angela Herrera, Senior Minister of the First Unitarian Church of Albuquerque. Angela has served on First Unitarian's ministry staff since 2010, and was called as the Senior Minister in September 2017.

"Life includes risk from the very beginning. That's part of what makes life so precious to us. But when we've experienced trauma, the feeling of danger can become overwhelming." (October 9, 2022 service, <https://uuabq.org/sunday-services/>) This recorded sermon is about finding our center again.

The Reverend Angela Herrera states: "So we each develop a certain level of risk tolerance. Most of it is subconscious...But if we were to worry all the time about bad things happening, we'd totally miss out on the present moment."

"When we are living well, we are aware of risk, and we make some choices to help keep ourselves within our

level of risk tolerance, but we don't spend too much of our precious lives in a state of fear. But when things do go wrong, and we experience something traumatic, that can shift the way we perceive things. By understanding how trauma works in us, we can take an active role in healing."

Sunday, March 19 10:30 AM

On Zoom and In Person at the Fellowship Hall

Ostara: The Celebration of Spring

with Michael Demchak

Ostara is an ancient Pagan holiday (also called a Sabbat) that celebrates the Vernal Equinox (March 20th) and the return of Spring. This is a time when the Earth is coming alive and recovering from Winter. As the plants and trees begin to bud and bloom, it is also a time to re-awaken ourselves; a time of renewal and rebirth. Join me as I explain Ostara, it's symbols, traditions, and history. I'll also reflect upon the Spring season, and share what this time on the wheel of the year means to me spiritually.

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: 2nd and 4th Sunday meditation

March 12 and 26

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

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.

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 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>

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 Memory

Puja Dhyana Parsons September 24, 1946 - February 17, 2023

Never has the passing of someone come as such a shock. On Wednesday, February 15th Puja fell ill and was rushed to the hospital and then immediately flown to a hospital in Albuquerque. It was a heart attack that needed immediate and specialized attention. Despite all efforts two nights later Puja Parsons passed from this world.

My friend and neighbor lived so close that I (Pauline Benetti) could walk to her home and each time we promised to walk regularly and then never did. She would tell me that as soon as I would stop doing and start being that we would.

Puja and Udgar - a team devoted one to the other - brought to Pagosa the greenhouse known as the Growing Dome and operated Growing Spaces, Inc. for 29 years until retirement in 2018. The multitude of faceted Domes in our County, indeed in the World, is testimony to their combined dedication to growing a sustainable life style.

Thinking about Puja I decided to visit her Facebook page and found there a multitude of postings from distraught and unbelieving friends and family who were lavish in their description of Puja as gracious, fun, kind, compassionate and with an innocent sense of wonder and awe. I travelled back in time to Puja's own postings and found so much there that spoke to me about who she was. I saw her search for Wisdom in the wise utterances captured from a myriad of sources - Rumi, Mother Theresa, Shakespeare, Wendal Berry and many more who I did not know. I saw her dedication to Beauty as she spoke in endless images of glorious natural and cosmic scenes gathered from around the world. I saw her dedication to Self Awareness in the meditation videos she had collected. And then there were the occasional references to real world events - Joe Biden or the Super Bowl all female fly-over team, for example.

Once again - disbelief that such a light has gone out in this world. She is greatly missed by all who knew her and most by her beloved partner, Udgar.





We use this space to honor 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.

