



May 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 *with the exception of Sunday, May 21* (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.

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, May 7 10:30 AM

On Zoom and In Person at the Fellowship Hall

Beltane: The Celebration of Life

with Michael Demchak

Beltane is an ancient Gaelic May Day Festival that celebrates the Fertility of Spring. Considered an important Pagan Holiday, also known as a Sabbat, it is still observed by Neopagans today, typically on May 1st. Celebrating the return of Spring and all of life that flourishes with it, Beltane is a kickoff for the greening of the Earth, and the warm days of Summer ahead. Please join me as I review the history of this holiday, as well as its symbols, customs, and rituals. I'll also share what this time of year means to me spiritually. Hope to see you there!

Sunday, May 21 10:30 AM

In Person at the Fellowship Hall

The Flower Communion Service

with Pauline Benetti

The Flower Communion Service, originated by the Rev. Norbert F. Capek in his native Czechoslovakia in 1923, is perhaps the most widely-celebrated ritual in Unitarian Universalist congregations today. Every spring, most of our churches and fellowships devote a Sunday to this festive participatory service which celebrates the earth's beauty, its diversity and human oneness. It is both simple and universal. And here is what makes it meaningful. Each one of us is charged with bringing a flower, or two or three if they are small, to service. These will be joined together in a large bouquet from which we each will draw. The selection of the flower to add and the selection of the flower to take away – if we do that mindfully, there is a communion in that act – an act of sharing. Give some thought to the process, make it meaningful. BTW flowers come from the garden, the meadow and the roadside. And if you can't find a flower, please come anyway; we'll have some extras on hand. Pauline Benetti is service leader.

Please note: This service will NOT be available on Zoom.

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

May 14, 28

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

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 alfrancis@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 to End Racism is a group of people focused on learning what we can do to eradicate racism, both as individuals and as a group. This is an excellent opportunity for people with all levels of experience advocating for change to be supported and supportive. If you have any interest in addressing racism, local and/or national, and/or global, please reach out to Anna Ramirez (970-317-4645), or workingforracialequality@gmail.com, to get involved.

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

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.
