



Serving
Pagosa Springs, Colorado

Worship: Sunday 10:30am

All Are Welcome!

June 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.

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, June 4 10:30 AM

On Zoom and In Person at the Fellowship Hall

The Fibonacci Sequence

with Ishmail Ameen

The Fibonacci sequence is a universal principle that surrounds us in everyday life. I will explain in detail how this expression of divinity was first brought about and it's interconnectivity to everything in the universe. I will also share how I've learned to understand this code to produce practical ways to connect myself and others with abundance and spirit.

I've found this information has helped me in many ways. It is my intention that this presentation will be of value to others as well.

Ishmail Ameen is a recent resident to Pagosa Springs, Colorado for close to one year. He is a Colorado native, born and raised in Denver. Since Ishmail was a child, he always loved the mountain life and knew he would live in a beautiful place like Pagosa some day. Ishmail spent the beginnings of his career as a contractor driving across Colorado and several other states in the U.S. For almost a decade of all-season driving medium duty box trucks, Ishmail was ready for something more and stumbled upon trading. Finding success in the cryptocurrency market and studying to become a trader for an institution, he came to Pagosa Springs to build a career as a trader and live a lifestyle surrounded by healthy living, abundance of life, and spirituality.

Sunday, June 18 10:30 AM

On Zoom and In Person at the Fellowship Hall

Chimney Rock National Monument and the Summer Solstice

with Joan Ward

Are you getting ready to celebrate the summer solstice and our connection to the world around us? The summer solstice was very important to the Ancestral Puebloans at Chimney Rock. From chimneyrockco.org: "The ancient Puebloan peoples based much of their daily life activities, religious rituals, and festivals on what they observed around them on earth and in the sky. They were especially attentive to what was happening from day to day with the sun and the moon. Over periods of time, they learned certain of these astronomical events were cyclical and what followed often affected weather patterns, hence optimum times for planting and for harvesting. Those individuals who had this esoteric knowledge of being able to predict, almost to the day, when certain astronomical events were likely to occur attained prestige and control which ultimately gave them political power and social ranking."

"Architecturally, the long walls of the Great House are not parallel. The northerly east-west walls line up with a small basin carved in solid bedrock 2000 feet southwest of and below the Great House. If you stand at the stone basin and look at the northerly wall of the Great House at the time of summer solstice, you will see the sunrise centered on this wall."

Please join us to mark the significance of this annual event.

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)

Mark Your Calendars!

Celebration of Life for Phyl Daleske - Fri, July 7, 3-6 PM

Phyl Daleske's daughters, Sarah and Liz, along with her other family members, invite you to a celebration of her life on Friday, July 7, from 3–6pm at the Tennyson Event Center. Please drop in and enjoy snacks and drinks and hear live music by a few of Phyl's favorite musicians. It will mean a lot to us to meet those of you we've not yet met and to again see those of you we have met. We hope you can make it!

Pine Song Retreat - July 7, 8, and 9

From the UU Fellowship of Durango:

We are delighted to announce that the UU Four Corners Retreat at Pine Song, on the Pine River below Vallecito Lake will resume this year. Some of you may have attended in previous years and know how beautiful the site is on Ken and Lois Carpenter's land.

The dates are July 7, 8 and 9. A detailed brochure will follow soon. Space is limited so we will be asking for an RSVP as soon as possible.

Editor's note: For PUUF members and friends who may wish to attend, please email info@pagosauu.org or contact Joan Ward at joanyward@gmail.com or 970.382.1925 and we will notify you as soon as further details are available including where to RSVP. You can also let us know if you would be interested in car-pooling, either as a driver or a passenger.

PUUF Outdoor Service and Potluck - August 6

Join us for our annual outdoor service and potluck at Dave Pettus' and Barb Asprey's beautiful property on Blanco Basin Rd. Details and directions will be included in next month's newsletter. And thanks to Dave and Barb for their generous offer.

Pledge Time!

The Steering Committee will be sending out the proposed budget for July 2023 - June 2024 and pledge letter in a separate email shortly. We hope you will continue to support the Fellowship. Pledging is important, because it helps us plan the final budget for the upcoming year. You do not have to be a member to pledge. You can submit your pledge before the end of June either by email to me at joanyward@gmail.com, by filling out a pledge form at the Fellowship, or mailing a note with your pledge to PUUF, PO Box 5984, Pagosa Springs, CO 81147. You can even submit it now, before the budget email! Thank you. Joan Ward, Secretary and Bookkeeper.

Qigong Classes Begin - Tues, June 6, 1:00 PM

Qigong is a Taoist energy art that uses gentle movements to support health by lessening tension and stress in the body. The goal of this class is to create a sense of space and peace inside our bodies, thereby enhancing our ability to share that peace with the world around us.

Jeanette Pike has been practicing and teaching qigong for more than 10 years. Her primary training is in the Water tradition.

Participants begin gathering at 1:00 PM on Tuesdays, with class starting promptly at 1:15 PM and lasting about an hour. An online Zoom option is also available. For the Zoom link, or any other questions, please contact Jeanette at lavender.moon.peace@gmail.com

This class is offered on a donation basis.

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

June 11, 25

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.

UU Book Club - June 28, 5-7 PM

Everyone is welcome to join the UUCG (UU Congregation of Gwinnett) book club. We meet on the 4th Wednesday of the month from 5-7pm on Zoom. This is usually a lively discussion with a diverse range of books. The selection of books is chosen by readers beforehand. This book club was started many years ago and has evolved into different cities represented and is facilitated by me. We would love to have you join this discussion. Any questions or comments please contact me.

Bonni DeMarco bonnilee88@gmail.com 404-519-3336

All who have read the book are invited to attend.

Join us via Zoom: <https://zoom.us/j/144736833>

The Girl In His Shadow by Audrey Blake

An unforgettable historical fiction novel about one woman who believed in scientific medicine before the world believed in her.

London, 1845: Raised by the eccentric surgeon Dr. Horace Croft after losing her parents to a deadly pandemic, the orphan Nora Beady knows little about conventional life. While other young ladies were raised to busy themselves with needlework and watercolors, Nora was trained to perfect her suturing and anatomical illustrations of dissections.

Women face dire consequences if caught practicing medicine, but in Croft's private clinic Nora is his most trusted—and secret—assistant. That is until the new surgical resident Dr. Daniel Gibson arrives. Dr. Gibson has no idea that Horace's bright and quiet young ward is a surgeon more qualified and ingenuitive than even himself. In order to protect Dr. Croft and his practice from scandal and collapse Nora must learn to play a new and uncomfortable role—that of a proper young lady.

But pretense has its limits. Nora cannot turn away and ignore the suffering of patients, even if it means giving Gibson the power to ruin everything she's worked for. And when she makes a discovery that could change the field forever, Nora faces an impossible choice. Remain invisible and let the men around her take credit for her work, or step into the light—even if it means being destroyed by her own legacy.

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 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 - Sheila Barrows 1931-2023

Editor's note: Sheila was a member of PUUF during the time she lived in Pagosa and she graced us with her piano accompaniment for a time. Her daughter shared that Sheila's memorial service is available online at <https://tinyurl.com/31Sheila> and it featured music she played or sang.



Framingham – Sheila M. (Aikens) Barrows, 91 died on Sunday, April 2, 2023 at Brookdale in Framingham after a short illness following a stroke.

Sheila was born in Pittsburgh, PA on April 6, 1931, the daughter of the late Alexander and Dorothy (Holloway) Aikens. When Sheila was six months old her British parents returned the family to England. As a child, she lived through World War II and spent a portion of the war in London with her family during the Blitz. To take up her American citizenship, she emigrated to Philadelphia in 1953 to work at the University of Pennsylvania. She soon moved to the Washington, D.C. area, where she worked at the Folger Shakespeare Library, the Library of Congress, and Resources for the Future, among other organizations. Later, she became an editor for various journals and periodicals at the Helen Dwight Reid Educational Foundation.

In mid-life, Sheila earned a BA in psychology from George Mason University, and indulged in a year of postgraduate study of poetry, having poems accepted for publication in *Phoebe* and *Hiram Poetry Review*. She parlayed her lifelong love of doodling into studying painting, enjoying success with watercolor, acrylic, and oil. An accomplished painter, she painted in France, Italy, Denmark, Greece, Mexico, and Canada, and across the United States. Choral singing enriched her life starting at age 16. She sang for decades with the Cathedral Choral Society at Washington National Cathedral in Washington DC, including participating in performances associated with the Rev. Dr. Martin Luther King Jr's "I Have a Dream" speech in 1963.

Sheila always worked as a volunteer – including work with FLOC (For Love of Children), The League of Women Voters, Fairfax Girls Probation House, The Torpedo Factory, and a variety of schools and Unitarian churches. After retiring as Managing Editor of *Arts Education Policy Review*, Sheila, who started studying the piano when she was eight, took pedagogy courses and became a piano teacher with students aged from eight to 73.

Sheila is survived by a daughter, Alison Barrows Ronn and her husband Matthew Ronn of Boylston, MA, a son, Alexander Barrows and his partner Danita Dickinson of Pagosa Springs, CO, five grandchildren – Parker Ronn, Mason Ronn, Evan Ronn, Alethea Barrows, Neil Barrows – and numerous members of her Aikens and Barrows/Shepard extended family. She was predeceased by her much-loved brother, Neil Aikens. She was a great friend and leaves behind many wonderful friends who grieve her loss.

An in-person memorial service will be held May 13th, 10 am at First Unitarian Church, 90 Main St., Worcester, MA. (Contact the church or the family for a link if you prefer to watch the service online.)

In lieu of flowers, please consider making a memorial donation to a cause that Sheila would have supported or consider the Timothy J. Houston Memorial Fund at the Greater Worcester Community Foundation (https://greaterworcester.fcsuite.com/erp/donate/create?fund_id=1432) which supports music lessons for children.

Arrangements are by the John Everett & Sons Funeral Home, 4 Park St., NATICK COMMON.

To plant a beautiful memorial tree in memory of Sheila Maureen (Aikens) Barrows, please visit our Tree Store.

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.
