



July 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:

In response to the CDC tracking of COVID-19 hospitalizations as low in Archuleta County the PUUF Steering Committee states that masking will be optional at this time in our building; however, social distancing is 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, July 2 10:30 AM

On Zoom and In Person at the Fellowship Hall

UUA General Assembly Sunday Service

with Pauline Benetti

This Sunday we will celebrate with the Sunday service of June 25th at General Assembly or, at least, a part of it. The entire 1 ½ hour service replete with wonderful music and chorus and several inspirational speakers spoke to a common message – the collective trauma we bear from our experiences of the pandemic, the divisiveness of social, political & racial unrest, the increasingly dark shadow of climate change, war & genocide and the need to find rest, support and resilience in our UU communities – to remain open and willing to continue the struggle for our values – Interdependence, Equity, Transformation, Pluralism, Generosity and Justice.

This year's assembly of UU's from around the country took place in Pittsburg where UUs also attended to organizational business. The main item of concern was a proposal that would change our statement of values, currently in our Seven Principles and Sources, to the six stated above and add a symbolic image of those values. The original proposal plus several amendments was accepted for consideration during the coming year with the final vote to take place at the 2024 GA. To change something so fundamental as values may seem extreme to some but is in line with our Church of the Living Tradition. That tradition calls us to change to meet the needs of changing circumstances.

As soon as the amended text of the proposal is available, we will make it available for examination. In the meantime, we include here the proposed image.



Sunday, July 16 10:30 AM

On Zoom and In Person at the Fellowship Hall

An Experiential Exploration of the Sufi Path

with Revs. Janess and David Sheets

The quest of the Sufis is to realize the ultimate truth and unity underlying and pervading all existence, and to fulfill the divine purpose by expressing that realization in their lives as love and service to all beings and things. This is reflected in the Sufi saying, "Make God a reality, and God will make you the truth." A keynote of the Sufi path is to awaken the heart to discover the divine presence there and in the heart of all beings. The Sufi approach is based on experiencing rather than on concepts and beliefs, as expressed by the 13th century Sufi Master Jelaluddin Rumi: "Enough of phrases and metaphors, give me burning, burning!" The methods that the Sufis use in their quest are many and varied, and may include meditation, chanting, sacred movement, music, prayer, universal worship, spiritual retreat, teachings stories and poetry. In their presentation, Janess and David will focus on guiding participants to a taste of the Sufi experience, using some of these methods.

Presenters: Revs. Janess and David Sheets are ordained ministers of the Sufi Universal Worship, spiritual retreat guides, and senior teachers in the Inayati Order, a Sufi Path of Spiritual Liberty. They studied with renowned Sufi master Pir Vilayat Inayat Khan for over 30 years and have served (and continue to serve) in many local, national, and international roles in the Inayati Order. Now retired from careers in Texas child protective services and in consulting, they live in Pagosa Springs, where they teach Sufi classes online, guide spiritual retreats, and enjoy traveling and hiking in the mountains.

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)

Upcoming Events!

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 is attached. Space is limited so please RSVP as soon as possible.

<https://durangouu.org/blog/events/>

Pine Song Flyer

https://mcusercontent.com/06062c078d14ae908607c1be3/files/bfb8ce09-c1a6-82f7-e609-e13534358fb5/Pine_Song_Flyer.pdf

PUUF Outdoor Service and Potluck - August 6, 10:30 AM

Join us for our annual outdoor service and potluck at Dave Pettus' and Barb Asprey's beautiful property on upper Blanco Basin Rd. A potluck will follow the service and PUUF will provide the main course and drinks. Please bring a side dish (fresh, cool salads would be wonderful!) or dessert along with a place setting: plate, flatware, and cup.

Directions to 1375 CR 326, Pagosa Springs

Take highway 84 south out of east Pagosa, about 8 miles to CR 326, which is the Upper Blanco Basin Road, turning left going east. It's just past mm 20. Go 1.3 miles exactly, watch closely for the turnoff down and to the right. Go thru a gate, over a bridge, up a hill, curve right then left. We're the first driveway on the left (there's only two houses on this road).

If you get lost, call us on 970 264-1240.

Barb and Dave

Proposed Budget and Pledging for the New Fiscal Year Starting This July, 2023

Hopefully you received the email about the new year's budget and request for pledging to support the Fellowship. We have had many people donate that didn't pledge, for which we are grateful! If you think you will donate, please consider giving a pledge amount so we can better plan for the budget. You do not have to be a member to pledge.

You can submit your pledge anytime, but it would be appreciated if you can submit it by Sunday, July 2 to Joan Ward. The budget will then be finalized with the steering committee, for an email/mail vote by members. Of course, pledges can be given after that time as well!

Joan would prefer that you email her at joanyward@gmail.com, indicating your pledge amount and whether the amount is monthly, quarterly or once for the entire 12 months. You can also call her at 970-382-1925 and leave a message. If you prefer, you can mail your pledge to PUUF, PO Box 5984, Pagosa Springs, CO, 81147.

Thank you for helping our Fellowship to continue to be active and serve our mission in Pagosa Springs.

Joan Y. Ward

Qigong Classes - Tuesdays 1:00 PM

Please note: There will be no classes on July 4 and July 25

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

July 9, 23

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 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

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.
