



August 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). **This month is an exception with an off-site outdoor service on August 6.** 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 deems that masking will be optional at this time in our building. Social distancing is still encouraged and the maximum capacity of the building stands at 25, a very good reason for arriving a few minutes early.

Sunday Services

The Sunday Service Committee is always looking for ideas for speakers and topics for the Message during the Sunday Service. We look for presentations that align with our Principles. This can be anything from what inspires us spiritually, to climate justice, social justice, belief systems, and more. It would be a great help if anyone has suggestions for speakers or a topic of your own. You can contact Joan Ward at joanyward@gmail.com or 970.382.1925.

Sunday, August 6 10:30 AM

Annual Outdoor Service and Potluck

At the Home of Dave Pettus and Barb Asprey

Join us for our annual outdoor service and potluck at Dave Pettus' and Barb Asprey's beautiful property on upper Blanco Basin Rd.

Lughnasadh

Michael Demchak will lead the service and speak about Lughnasadh, an ancient Pagan holiday or Sabbat, that marks the beginning of the harvest season and pays honor to the Sun God Lugh. The first of three harvest celebrations on the wheel of the year, this one highlights the first fruits and grains of the season. Traditionally celebrated with community, activities include: competitive games, markets and trading, handfastings, as well as food and dance. I will discuss the history and meaning of this time of year as well as share what it means to me spiritually. Reverends Janess and David Sheets who recently did a service on the Sufi path, will also be present to help lead us on a dance of our own. Come join the festivities as we welcome August with this outdoor service and potluck!

Potluck

A potluck will follow the service and PUUF will provide a main course of lasagna (meat and vegetarian options) and wine, courtesy of Phyl Daleske! Barb and Dave will have water, coffee, and iced tea available.

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 (watch for the balloons). 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

Sunday, August 20 10:30 AM

On Zoom and In Person at the Fellowship Hall

Pointers to Some Alternative Spiritual Teachers, Part 1

with Bob LeCour

UU member and full-time resident of Pagosa Springs, Bob LeCour, will be discussing the works of two spiritual teachers who follow unique approaches and whom Bob has studied for a long time.

Adyashanti (which means primordial peace) is American born and trained in the Zen tradition for 14 years. His Zen teacher asked him to teach in 1996. The truth he points to is not confined to any religion, belief system, or ideology and is open to all. He is the author of multiple books and does a variety of live and online programs worldwide including retreats and conferences. We have found his teachings to be clear and understandable and have followed his work for many years - many times in person. He leads the Open Gate Sangha and can be found online at adyashanti.org

Pail Ferrini, based in Florida, is the author of some 50 books on love, healing and forgiveness. His unique blend of spirituality and psychology goes beyond self-help and recovery into the heart of healing. His conferences, retreats, and Affinity group process have helped thousands of people. His online site is paulferrini.com

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)

The New Year's Budget Approval - July 2023-June 2024

If you are a member, you should have received the proposed budget for a vote. If you haven't responded yes or no, please do so to joanyward@gmail.com. If you didn't receive it, let me know and I'll get it out to you. Thanks for your support of the Fellowship.

Joan Y. Ward

Qigong Classes - Tuesdays 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

August 13, 27

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.

Figure Drawing as Moving Mindfulness

with Dan Dempster, CA

Learn how to draw figures, portraits, hands, feet and character through dynamic drawing practice. Beginner to advanced, no experience necessary. All welcome! Learn to see, and be amazed.

Through fun and engaging techniques, learn the magic of art: forgetting yourself, you will find yourself drawing better than you'd ever thought possible. Working through short poses with playful (sometimes hilarious) exercises, you will soon learn to capture the essence of people. Posing (clothed!) for each other, you will be drawn into lively participation and healthy competition.

Wednesdays 7:00-8:30pm 19 July-16 August (ongoing)

Instructor: Dan Dempster is a graduate of the University of Waterloo and Sheridan College. He has been a professional artist for thirty years, teaching figure drawing for many of them. He is a Copley Artist, and is now Artist-in-Residence at The Springs Resort, where he maintains Dempster Fine Art Gallery in the Lodge (open 8am -10pm). He lives in Pagosa Springs.

Cost: \$45/occasional (drop-in) or \$210/6 weeks

Location: PUUF, B-15, Greenbriar Plaza, 301 North Pagosa Blvd., Pagosa Springs, CO 81147

Materials: \$40 includes 3x3B pencils, closed pencil sharpener, kneaded eraser, 18x24" newsprint pad (50 sheets). You are welcome to bring your own. A drawing board is useful, but not required.

Pre-registration: To reserve a place, text (424) 350-8186.

Remembering Phyl Daleske

We had a party for Phyl on the 7th of July and who came? Everyone ... from long time friend to strangers that Phyl had picked up recently while dancing to her favorite band. Her two most favorite - Tim Sullivan and The Jackson Mountain Ramblers - provided music for listening and dancing and that we did. Everyone moved or swayed to the sounds. Between bands almost everyone had a story to tell about our friend, many of them just plain hilarious - what a character! And UU friends paid a salute with an a cappella rendition of *Spirit of Life*. A fitting celebration of an extraordinary life.





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 afancis@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

Elissa Benetti Gruenig 1940 - 2023

“Light this last candle for the Joys and Sorrows still in our hearts...”

So ends the familiar ritual of our Sunday service that allows for a sorrow too deep to share.

Time passes, the waiting ends and at some point sharing becomes possible even important as the heart seeks community.

My beloved sister Elissa left her family on Friday, July 21st at 1:10 in the afternoon.

We are all irrevocably altered.

Pauline Benetti

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.
