



## September 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 deems that masking will be optional at this time in our building. Please be advised that COVID hospitalizations in our county have increased as of this writing and a new booster may not be available before mid-September. As a precaution, you may wish to wear a mask and increase your social distancing. 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](mailto:joanyward@gmail.com) or 970.382.1925.

***Please Note: There will be no service on Sunday, Sept 3 due to the Labor Day holiday and the Four Corners Folk Festival in Pagosa Springs.***

Here's a little information about the history of Labor Day, from Wikipedia:

Labor Day is a federal holiday in the United States celebrated on the first Monday in September to honor and recognize the American labor movement and the works and contributions of laborers to the development and achievements of the United States.

Beginning in the late 19th century, as the trade union and labor movements grew, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the Central Labor Union and the Knights of Labor, which organized the first parade in New York City. In 1887, Oregon was the first state of the United States to make it an official public holiday. By the time it became an official federal holiday in 1894, thirty states in the U.S. officially celebrated Labor Day.

Enjoy the weekend!

**Sunday, September 17    10:30 AM**

**On Zoom and In Person at the Fellowship Hall**

## Reverend Christine Robinson

Next best to having Reverend Christine in person is to have her via the internet and that is what we shall have this morning. And we shall have the complete service of Sept 3rd shared with us by First Unitarian Church of Albuquerque entitled, ***Atheists have good music too!*** As the title suggests music will play an important part in this service. Included in the service is a Story for All Ages that is most appropriate for our ages. So whether you are a music fan, a story fan or just like listening to the engaging style of Reverend Christine, join us for an uplifting morning.

### 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)

## Coming on Sunday, October 1

De Anna Hoyle and Julie Loar will lead us in a water ceremony on Sunday, October 1. Remember to collect your water for this annual, uniquely UU worship.

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## 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](mailto:lavender.moon.peace@gmail.com)

This class is offered on a donation basis.

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

September 10, 24

**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.

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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](mailto:pagosauuf@gmail.com).

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## 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>

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## 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/>

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## 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.

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## 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](mailto: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/>

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## 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](mailto: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.

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**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](mailto:workingforracialequality@gmail.com), to get involved.

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## 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](mailto:joanyward@gmail.com) or call 970.382.1925 and leave a message. We’re here to help!

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## 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](mailto:info@pagosauu.org).*

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