



October 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. From the 9/21 issue of the Pagosa SUN: "Surveillance indicators show an increase in COVID-19 transmission in both Archuleta and La Plata counties. Hospitalization rates have increased in the last few weeks, and SJBPH has received reports of COVID-19 transmission in schools and child care facilities." Please use your best judgment - wear a mask and practice social distancing if it makes you more comfortable. 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, October 1 10:30 AM

On Zoom and In Person at the Fellowship Hall

The Water Communion

with De Anna Hoyle and Julie Loar

The Water Communion, sometimes called Water Ceremony, was first used at a Unitarian Universalist worship service in the 1980s. Many UU congregations now hold a Water Communion once a year, often at the beginning of the liturgical church year in September.

The Pagosa Unitarian Universalist Fellowship will hold this annual service, and we invite the community to share in this sacred tradition, Sunday, October 1. Members and friends are asked to bring to the service a small amount of water from a place that is special to them or water representative of a meaningful experience during the summer. Interwoven into the service, along with story, songs and sharing; a short ritual takes place. Those who wish to, pour their water together into a large bowl. As the water is added, the person who brought it tells why this water is special to them. The combined water is symbolic of our shared faith coming from many different sources. It is often then blessed by the congregation, and sometimes is later boiled and used as the

congregation's "holy water" in child dedication ceremonies and similar events.

The Water Ceremony Service is an excellent opportunity for Unitarian Universalist congregations to express their commitment to our Sixth Principle: *We covenant to affirm and promote the goal of world community with peace, liberty and justice for all.*

The service leaders and presenters this week are Julie Loar and De Anna Hoyle. Julie served on the Pagosa UU Fellowship steering committee for several years and has spoken there often. She is the highly-awarded author of eight books and dozens of articles. She is an expert in symbolism and has worked with dreams, including interpreting dreams live on national radio, for decades. Her latest book *Symbol & Synchronicity* has won five international literary awards. De Anna is a long-time UU, who holds a Religious Education Credential from the UU Association of Congregations. She held director positions in four different congregations in Colorado and New Mexico, including the Pagosa Fellowship. She serves the association as a mentor and consultant and is currently in formation as a spiritual companion, accompanying others on their spiritual path.

Sunday, October 15 10:30 AM

On Zoom and In Person at the Fellowship Hall

Reflecting on Divinity

with Michael Demchak

In this service I will present some of the concepts that attempt to describe and understand a higher power of the universe. We will look at various religions, trilogies, concepts of God, Gods and Goddesses, prophets and more. We will also review what science has to say about the divine state and other phenomena. Having been blessed by divine encounters myself, I will also share some of my experiences and theories on this fascinating subject.

Michael Demchak

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)

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

October 8, 22

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.

The Archuleta Health Fair and Expo

A unique event – October 21st from 7 AM to 1 PM at the Pagosa Springs High School. This is the first ever event of this nature sponsored 100% by our local community – Healthy Archuleta, the Archuleta Public Health Department, our local healthcare provider community, the Chamber of Commerce and more. It will begin early with wellness labs and medical consults whose primary target is our uninsured population and for all others will include presentations/workshops/activities in support of physical, mental and nutritional health as well as a farmers market and a Farm to Table luncheon.

Deadline for sponsorship is October 6th; donations made at the October 1st Service will be included in PUUF's Sponsorship of the event. Simply identify your donation for the "Health Fair." The alternative is to use the Healthy Archuleta website for donations <https://www.foodcoalition4archuleta.org/archuleta-health-fair-and-expo.html> or to volunteer <https://form.jotform.com/232573995573168>

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/>

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.
