



November 2023

PUUF is currently offering in-person services on the 1st and 3rd Sundays of the month. Please note that our Zoom option is no longer being offered. This month, a Thanksgiving day gathering will replace the second service of the month. 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 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.

Winter Weather Alerts:

If either the service or the meditation is cancelled due to winter weather, a notification will appear on pagosauu.org by 8:30 AM.

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, November 5 10:30 AM

In Person at the Fellowship Hall

Exploring Native American Religion as Place, Power, and Protocol

- a recording of a service from First Unitarian Church of Albuquerque -

with Reverend Randy Granger

Rev. Granger originally spoke to First Unitarian Church in Albuquerque as part of First U's Summer Interfaith Series and so we will hear references to the New Mexico area. Reverend Granger is a musician, a spiritual leader, a drum circle leader, a workshop leader and an ordained minister. He is also of Mayan and Apache ancestry among other tribes.

Rev. Granger will explore Native American spirituality and religions through creation stories, music, and common beliefs amongst Native Peoples, sharing with us how Native American ideas such as the 7th Generation and Walking in Beauty resonate still with us and can help guide us in our personal lives. It takes a special listening to pick up on the wisdom of these simple stories as he encases them in haunting flute melodies.

Pauline Benetti will be our service leader today.

Thursday, November 23 1:00 PM

Giving Thanks Together

You are invited to join at Fellowship Hall on Thanksgiving day, Nov 23, at 1:00 PM to share a meal. PUUF will provide the turkey, desserts, and wine. Please bring a side dish of your choice. No need to bring a place setting - we'll use the good stuff!

To help us in planning, we ask that you **RSVP by Nov 10** to pagosauuf@gmail.com if you think you will attend. Please be sure to tell us the number of people in your party. You are welcome at our table even if you don't RSVP. Additionally, some help with set-up the day before (Nov 22) would be much appreciated. Please use the email above to let us know if/when you would be available.

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

November 12, 26

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/>

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.
