



## December 2023

PUUF is currently offering in-person services on the 1st and 3rd Sundays of the month. Zoom may be available at the discretion of the service leader; please refer to the Sunday program description for connection information. Meditations are held on the 2nd and 4th Sundays at 9:00 AM. See below for details.

### **COVID Protocol:**

Masking continues to be optional and social distancing is encouraged; however, please be aware that CDC tracking of COVID-19 hospital admission levels in Archuleta County has increased to medium. 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](https://pagosauu.org) by 8:30 AM.

### **Hear Ye! Hear Ye! Coming soon to your email box!**

A survey from the PUUF Steering & Sunday Service Committees will arrive within the next few days.

Why, you ask???

We need to hear from our Members and Friends regarding the following. With the onset of the pandemic when we transitioned to Zoom service, attendance faltered. With the return to in-person services the numbers have not improved. We want to know why, hence the survey. Your answer will help us going forward; please take a moment to answer the survey when it arrives.

Dave Pettus, Joan Ward, Michael Demchak, Kay Kaylor, Pauline Benetti, Pat Devin

## 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.

**Sunday, December 3     10:30 AM**

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

**Just Be Still**

*with De Anna Hoyle*

*The placing of candles upon a circle of evergreens is an age-old tradition. Lighting additional candles each day or week as the light wanes, has been part of human rituals for centuries upon centuries. We are warmed by the glow, we are reminded that the wheel of the season will turn, and brilliant lengthening days will return.*

So states the liturgy for the lighting of the Advent Candles in the Unitarian Universalist (UU) tradition by Rev. Rosemary Morrison.

As we begin this advent season, we turn our focus to the waiting aspect of the season. Join us as we gather in community to honor the darkening days and look inward for ways to hold hope, peace, joy and love within, and in the wider world.

Through song and story, De Anna Hoyle will share a bit about her journey of becoming a spiritual companion and share the litany of lighting the advent wreath.

De Anna served as the religious education coordinator of the Pagosa UU Fellowship from 2007- 2011. She went on to serve Unitarian Universalist congregations as a credentialed director of religious education in New Mexico and the Denver area. As a life-long learner, De Anna engages in a deep longing for peace building, along with working toward a more sustainable earth. She practices meditation and dances whenever and wherever she can to embody all of it.

#### **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)

**Sunday, December 17    10:30 AM**

**In Person at the Fellowship Hall**

**Shining Bright in this Season of Light**

*with Revs. Janess and David Sheets*

Light is central to the meaning of the world's great spiritual traditions, and around the time of the winter solstice there are many festivals that celebrate the victory of light over darkness. In today's service we will explore the meaning of light symbolism in several spiritual traditions and discover how we can uncover the light within, illuminating our lives and the lives of others. Come and shine with us in this joyous celebration of light!

Janess and David Sheets are ordained ministers of the Sufi Universal Worship, spiritual retreat guides, and senior teachers in the Inayatiyya, a Sufi Path of Spiritual Liberty. They studied with renowned Sufi master Pir Vilayat Inayat Khan for over 30 years and continue to serve in many local, national, and international roles in the Inayatiyya. Now retired from careers in Texas child protective services, they live in Pagosa Springs, Colorado, where they guide meditation retreats and enjoy being in the mountains, traveling, and spending time with family and friends.

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## Holiday Messages for Incarcerated UU's

The Worthy Now Prison Ministry Program of the Church of the Larger Fellowship is once again sending holiday messages to our CLF members currently experiencing incarceration.

Last year, each of our 1,400+ members experiencing incarceration received at least two holiday messages. Over 4,000 pieces of mail were sent. This year, we have over 1,700 members experiencing the holidays without family or loved ones.

Could you help send a message of support?

For more information, including a sign-up sheet for messages, click on the following link, and read the left column labeled **Seasons Greetings**, with the image of a snowflake.

<https://worthynow.org/3-simple-ways-to-spread-holiday-cheer-to-incarcerated-uus>

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## Qigong Classes - Mondays 1:00 PM

*Please note that this is a day change from Tuesdays to Mondays beginning in December*

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 Mondays, 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

**December 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.

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

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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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**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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