



January 2024

PUUF is currently offering in-person services on the 1st and 3rd Sundays of the month. An interactive Zoom option is available for those wishing to participate remotely (see link below). Meditations are held on the 2nd and 4th Sundays at 9:00 AM. See below for details.

COVID Protocol:

CDC tracking of COVID-19 hospital admission levels in Archuleta County is currently rated as low. Masking continues to be optional and social distancing is encouraged.

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.

Survey Thanks

Thank you to those who took the time and energy to respond to our recent survey. Your input is valuable and will help determine the future direction of the fellowship. Once the results are compiled and analyzed, we will share the "take homes" with you. If you wish to discuss your thoughts further, please feel free to contact any member of the Steering or Sunday Service Committees.

Your Steering and Sunday Service Committees

There have been some recent changes to the composition of both the Steering and Sunday Service (formerly Worship) Committees. Please feel free to contact any of these individuals at any time with your thoughts and suggestions.

Steering Committee: Dave Pettus, Joan Ward, Michael Demchak, Kay Kaylor, Pauline Benetti

Sunday Service Committee: Michael Demchak, Joan Ward, Pauline Benetti, Pat Devin

Personal contact information can be found in the Member and Friends Roster under the Membership tab on the homepage of pagosauu.org. Access is password protected. If you need the password, please request it through info@pagosauu.org, or you may use this email address and simply address your chosen recipient within the message and it will be forwarded to that person.

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, January 7 10:30 AM

On Zoom and In Person at the Fellowship Hall

What Seeds Will You Plant?

*Featured UUA Recordings with
Reverend Dr. Sofia Betancourt and others*

This Sunday we shall be introduced to and receive the ministry of the new UUA President Rev. Dr. Sofia Betancourt and others as we reap the benefit of the UUA's on-demand service collection for the turning of the year. Rev. Dr. Sofia Betancourt offers the sermon "Seeds for the New Year" and also presents the insightful story for all ages "The Bridge of Flowers" by Leah Lakshmi Piepzna-Samarasinha. Rev. Dr. Rebecca Parker shares her poem "Winter Blessing." Rev. Megan Foley offers a reflection on "Life Abundant." The music, "Trinity Fanfare" by The Chalice Bells of 1st Unitarian Congregation of Ann Arbor and "Shelter Me" by Lea Morris, rounds out the collection for this First Sunday of 2024. Consider the question, What seeds will you plant this winter? as preparation for a service that will have you thinking about the meaning of "Happy New Year." Pauline Benetti will be our service leader today.

Sunday, January 21 10:30 AM

On Zoom and In Person at the Fellowship Hall

Alchemy as a Guide for the Spiritual Path

with Stacey Couch

Alchemy is not really about turning lead into gold. Alchemy is about spiritual transformation, about our union with nature and the Divine. The starting point of alchemy is any base substance or situation. Troubled feelings such as confusion, loss, stuck-ness, listlessness, or sadness provide the prima materia, the primary material, from which the alchemical process begins.

As an alchemist, the spiritual seeker brings fire in the form of desire, motivation or even frustration to the work. This fire can soften a fixed state or reduce it to ash, providing new material to work with. Through the operations of dissolution and congelation, our primary state is cooked and combined with other materials until it is no longer recognizable. Something new begins to emerge.

The goal of the work is to transform troubled conditions into a noble state, a place of being engaged and in love with the world. Confusion becomes clarity. Stuck-ness becomes momentum.

The magical symbols used in alchemy speak to the soul. The image of the furnace and vessel teach us about our own inner fire and how we contain our emotions. The symbols of sulfur, salt, and mercury point to our own desire, grit, and ingenuity.

We don't need to expose ourselves to the harmful vapors of mercury or acquire specialized machinery to do alchemical work. Through learning the symbols and operations of alchemy, we gain a lens to help us identify

the stages of our inner transformation.

In this presentation, Stacey Couch shares the history and fundamentals of alchemy. Learn how to use this ancient practice as a metaphor for your soul work.

Stacey Couch is a Spiritual Advisor who supports students of the soul - the creative seekers learning as they go on the spiritual path. She specializes in inter-spirituality, shamanism, archetypes, and symbolism. Stacey serves beginner and life-long spiritual seekers. Her compassionate and collaborative approach honors the humanity and value of each person. Through meeting with Stacey, lost souls find refuge. Connection to the Divine is realized. Belonging comes - especially for those of you on the outskirts of popular belief. Wisdom in story, mysticism, and nature provide guidance and healing in her work. Stacey has a global, online business serving over 30 countries and 48 states. She lives in Pagosa Springs with her son, husband, cat, dog, and two horses. She's lived in Pagosa since 2011 and is the author of *Gracious Wild: A Shamanic Journey with Hawks*.

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 - Mondays 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 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

This class is offered on a donation basis.

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

January 14, 28

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 info@pagosauu.org 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.
