



April 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.

April Steering Committee Meeting: The next Steering Committee Meeting is scheduled for **April 23 at 4:00 PM** at the Fellowship Hall and on Zoom. All are welcome and encouraged to attend. The meeting is usually held on the 3rd Tuesday of the month, but is subject to change (as is the case this month). If you would like to attend, you may verify the meeting day/time and also request Zoom access by emailing info@pagosauu.org or by contacting any member of the Steering Committee.

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, April 7 10:30 AM

On Zoom and In Person at the Fellowship Hall

Winner of the #1 issue facing the world.....is.....?

with Pauline Benetti

Watch TV much? The news? My go-to is the PBS Newshour at 6. For me it's the "bad" Newshour! If I am

not seeing death and destruction caused by war, then I am witnessing the tragedy brought about by our carelessness with the earth's resources. April is Earth Day month (Monday the 22nd), a moment in the calendar year when we must spend quality time in reflection on the issue at hand – no less, the future of the planet, our home in the galaxies of the cosmos. We invite you to join in reflection at our first service this month by considering the effect this issue has upon us, her inhabitants. Together let's search out our feelings, our thoughts, our words about the tragedy that is so ever-present and so out of our control that we tend to numb to its gravity just to survive. And let's ask what value such reflections might have, if any.

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, April 21

A Community Celebration of Earth Day

at Centennial Park on the River Walk

*Events begin at 9:00 AM with opening ceremony at 10:00 AM
and continuing until 3:30 PM*

This Sunday there will be no service at the UU Fellowship; rather we invite all to the Earth Day Celebration in Centennial Park along the River Walk near and on the GGP site. The Earth Day Planning Team has invited individuals, non-profits, businesses, etc., to put up a tent/table and show how their service, product, activity is "good for the earth." The team has organized the day to include a Mindfulness Hour 9-10; an Opening Ceremony at 10; followed by Community speakers, a Community Tea Ceremony; Yoga; and for kids – Solar Car Racing, Earth Theme Costume Contest & Chalk Art Contest; and for adults, music to entertain and close the day. Truly, a Community Celebration of Earth Day! Questions? Email: sospagosa@hotmail.com

More events "good for the earth."

The Geothermal Greenhouse Partnership **Environmental Film Festival** at the Tennyson Building Event Center on **April 19 & 20** begins with a Premier Gala from 5 to 10 pm on Friday including dinner and select film showings. All 9 films will be shown Saturday beginning at 9 am with the last film beginning at 7 pm. Wrist bands for the gala and attendance on Saturday are \$60. General admission Saturday wristbands are \$10. The GGP is "growing food and community with local energy" and will use proceeds to continue its mission. Questions? Email: ggp@pagosagreen.org

The Healthy Archuleta Team is diligently working on the organization of its 2nd **Food Summit** to be held on **May 11** at the Pagosa Springs High School. The overall purpose of the event is to "increase the supply of and the demand for local food" and the event will encourage community networking and engagement in the process. Questions? Email: fsfearchuleta@gmail.com

Coming Next Month

Sunday, May 19 - Annual Meeting and Potluck after service

May 19 brings our first annual meeting since the pandemic. There are two orders of business: 1) Elect members to your Steering Committee and, 2) Vote to approve a budget for the next fiscal year (members will receive the proposed budget for review prior to the meeting).

Our recent survey brought to light an issue around the governing aspect of PUUF being somewhat closed and exclusive. While this has never been our intent, we recognize that keeping PUUF alive during the pandemic may have resulted in this perception. This is your chance to get involved in shaping the future direction of the fellowship. Your perspectives are needed and welcomed! We are currently accepting nominations for the Steering Committee. Feel free to nominate yourself or someone you know who might be interested. Drop a name in the donation basket or send it to info@pagosauu.org.

Even if leadership is not your interest, we hope you will stay for the potluck after service as we build community through the breaking of bread.

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

April 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.

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 memorial to Karen LeCour at info@pagosauu.org.
