



February 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.

A Passing

Long-time member and dear friend to many, Ann Graves, passed away on January 13. If you would like to share a memory of Ann, please send it to info@pagosauu.org and we will include it in the March issue of this newsletter under *In Memory*. If you wish to send a card to Ann's daughter, please address it to Mare Perouty at 424 Lakeside Dr, Pagosa Springs, CO 81147.

Survey Update

A work group has been formed to review the results of the survey and begin to address the issues raised. In next month's newsletter, we will summarize the results of the survey and actions already underway to improve your Sunday service experience. Thank you again for your participation in the survey. You may continue to share your thoughts, either in person or via email to info@pagosauu.org.

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, February 4 10:30 AM

On Zoom and In Person at the Fellowship Hall

Religious Experience

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

with Reverend Angela Herrera

The unique nature of Unitarian Universalism lies in the absence of a creed set in stone that all must accept as Truth. Instead, our faith is called a "living tradition." As such it grows and changes and in 1984 a group of UU leaders came together and identified six sources from which UU's draw their inspiration; sources as diverse as science, poetry, scripture, words of prophetic persons and personal experience. This week's sermon, "Religious Experiences" by Reverend Angela Herrera hones in on the 6th source, "Direct experience of that transcending mystery and wonder..." and then widens her search to include transcendentalism, nature and the cosmos in an effort to get at what UU's might identify as a religious experience. Please join us in person or on Zoom.

Sunday, February 18 10:30 AM

On Zoom and In Person at the Fellowship Hall

The Cornerstone Project

with Michelle Johnson



The Cornerstone Project exists to educate, advocate and eradicate sex trafficking by offering restorative alternative solutions.

Sex trafficking is the second largest illicit crime ring in the US and it is growing. Trafficking is about commerce and is a Human Rights issue.

Currently the Cornerstone Project is engaging in public education, private speaking engagements, working with youth programs and other organizations to dispel the myths of sex trafficking in the United States. On the coattails of Hollywood productions that depict trafficking in a sensationalized way, we are working to educate communities as to what sex trafficking looks like in America, who is at risk, needs of survivors and how the community can get involved.

How Can YOU get involved? Our goal is to unite the community to provide different avenues for thrivers to excel, whether it is through cooking classes, education classes, holistic avenues of health, counseling, art, music, gardening, or whatever talent/enterprise a community member/business can provide. Maybe your

connection looks like financial support, construction support for building homes or ranchettes or joining us through prayer.

The Cornerstone Project has raised 6 months of the expenses needed to open a home. We are currently looking for a home to rent as there are waiting lists across the US for those looking for restorative solutions.

LONG TERM VISION The long-term vision is for a 20 + acre ranch where 5 acres will be dedicated to women 19-34, 5 acres for girls ages 4-18, and 5 acres for boys through age 18. The other acreage would be used for growing domes, equestrian, common buildings, rec room, and educational space.

The Cornerstone Project is a registered 501©3 and is recognized as a nonprofit in good standing.

Michelle Johnson is a sex abuse survivor/thriver who resides with her husband, Jon, and two dogs in beautiful Pagosa Springs, Colorado. Michelle was born and raised in the south, and moved to Colorado in the 80's, where she quickly learned the mountains were her home. Michelle is the mom of two biological sons and three amazing step children. Michelle is the CEO of TCI, llc and has spoken at many public events on various topics regarding business, growth, leadership and social justice. Most recently Michelle started her heart's work of the Cornerstone Project, a recognized nonprofit – in the United States. Michelle's heart is to hold space and love for those who have experienced such a violation, and give every survivor a chance to find hope, freedom and the love she/he has been shown in order to restore, heal and live fully in the purpose to which they were created.

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

February 11, 25

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 memorial to Karen LeCour at info@pagosauu.org.
