



May 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.

May Steering Committee Meeting: The next Steering Committee Meeting is scheduled for **May 21 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. 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.

We Welcome De Anna Hoyle as PUUF Community Engagement Coordinator!

De Anna Hoyle returns to PUUF, this time in a different capacity than when she left in 2011. Her time with us as our Religious Exploration Coordinator began in 2007 and she and I (Pauline Benetti) were reminiscing about how many children went through our RE portals between those years. It was quite amazing and worth sharing. Parents reading this will remember. Shanti and Anna were teenagers so no RE for them but we did celebrate their graduation from high school with a Bridging Ceremony. Desiree led the way in De Anna's first RE class; then Will, Connor and Maya; next Marley along with young brother Sol; then Demi and sister Della and Molly; followed by Samaya, Joah, Elan, Avery and Iris; then Olivia and sister Lili; and Annabelle and brother Andrew. Some went through the Coming of Age Ceremony; some went on retreat to Pinesong; some harvested Christmas trees; all were treated to Religious Explorations directed by De Anna Hoyle. De Anna returns to PUUF as our Community Engagement Coordinator to enrich our spiritual offerings to all members and friends including parents who understand the value of liberal religious explorations in the formation of their offspring.



And now a personal message from De Anna to the fellowship:

Peaceful Leanings – by De Anna Hoyle

*Thirty spokes share the wheel's hub;
It is the center hole that makes it useful.
Shape clay into a vessel;
It is the space within that makes it useful.
Cut doors and windows for a room;
It is the holes which make it useful.
Therefore benefit comes from what is there;
Usefulness from what is not there. - Tao Te Ching*

The above quote comes from a book entitled *A Grateful Heart: Daily Blessing for the Evening Meal from Buddha to The Beatles*, and it is with a grateful heart that I find myself writing this newsletter piece.

The Purpose: It seems I have found myself coming full circle into community with you here at the Pagosa UU Fellowship. I am humbled with being asked to offer some consulting and coordination of programs, services and engagement opportunities in collaboration with the Fellowship and its leadership. As I reflect on the reading above, I see my role as a space holder - one that is useful. As a newly certified Spiritual Companion, I am eager to companion you along this journey of being a container for what is possible.

The Process: Gleaning information from the recent survey conducted by the Fellowship, a conversation began with a few members to discern areas for deepening connection, fostering community and engaging wider participation within the Fellowship.

Through that initial conversation I made the following observations:

- A desire for deeper community connection and spiritual growth, with the goal of growing the Fellowship in participation and membership
- A commitment to providing programs that are relevant, inspiring, and which bring new people through the door
- A recognition that a structure of support to sustain the planning and implementation of programs is

needed

To this end, I offer the following structure to help guide the path forward:

- Use a theme-based ministry model to create a unified collection of programming
- Build a structure for small group ministry centered on the theme and/or affinity groups
- Assist with Sunday service planning and help secure visiting professional ministry
- Offer consultation and work collaboratively with the Sunday Service Committee to implement the above objectives

The Path: I returned to Pagosa after caring for my aging father, and prior to that, having worked in UU congregations with a focus on interim, life-span religious education positions. Pagosa Springs is our home and returning to the ground which rooted my growth towards professional religious education ministry feels nourishing. May we continue to grow and nourish one another to provide a home for a spirit-filled liberal voice in our community.

First Steps: As mentioned above, the creation of small groups will be a start to deepen connection with ourselves and with one another. I am interested in hearing what themes or ideas you want to explore. So now it's your turn to share with me. Are there specific themes? Here are a few examples:

- Gratitude
- Eco grief
- Unitarian Universalism and/or other faith traditions
- Anti-racism, anti-biased work
- Group Spiritual Companionship - setting time aside for exploring the sacred within our lives

These are just a few ideas to spark a conversation and get you thinking a bit. I hope you will share with me or email your thoughts to [http:// info@pagosauu.org](mailto:info@pagosauu.org). Let's start a conversation!

Be blessed, be a blessing. Peace, De Anna

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, May 5 10:30 AM

On Zoom and In Person at the Fellowship Hall

Gratitude for the Earth

with De Anna Hoyle and Pauline Benetti

“Gratitude is most powerful as a response to the Earth because it provides an opening to reciprocity, to the act of giving back, to living in a way that the Earth will be grateful for us.”

This quote by Robin Wall Kimmerer, author of *Braiding Sweetgrass*, speaks to the continued effort it takes to make every day Earth Day, with a practice of gratitude being at the forefront. Through story and song, we'll explore further how to live in our changing world.

Sunday, May 19 10:30 AM

On Zoom and In Person at the Fellowship Hall

The Interdependent Web:

Make Friends, Do Good, Grow Your Spirit

Bylaws and Beyond

with De Anna Hoyle

PUUF Community Engagement Coordinator

It is the mission of the Pagosa Unitarian Universalist Fellowship to grow as a diverse community with differing beliefs and shared values. We seek to encourage spiritual growth and strive for compassion, justice and responsible action in our society and on our planet....

Many faith communities hold their mission statement as a way of living into shared values. As a start to a new vision of what the future holds for the Fellowship, we will circle up and imagine what it means to be a part of this community's interdependent web.

Annual Meeting & Potluck Follows Service

We hope you will stay after the service for a potluck followed by a brief meeting to conduct Fellowship business. We will be taking nominations and electing members to the Steering Committee as well as presenting the proposed budget which you will receive via email prior to the meeting. You will have an opportunity to make your pledge for the next fiscal year which will be used in determining the final budget.

Now, as to the potluck ...

PUUF will provide roast chicken, assorted salads, wine and beverages. Side dishes or desserts would be appreciated to round out the meal. Please bring your own place setting, but we'll have backups if you need them.

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

May 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.

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 info@pagosauu.org.