



June 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 AM. See below for details.

June Steering Committee Meeting: The next Steering Committee Meeting is scheduled for **June 18 at 4 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.

Peaceful Leanings

offered by De Anna, serving as the Community Engagement Coordinator

Last month we held space for hope and gratitude for mother earth. There is sweet story that I didn't have time to share during the service, so here it is on YouTube, if you'd like to hear it. (Note: you may want to have the subtitles on, as the child reading it has an accent.)

Be A Tree – by Maria Gianferrari

<https://youtu.be/m-57cHz1sh0?si=krlZZdFhL7Rr3L-0>

We also explored the Mission of this Fellowship and why we gather in this spiritual community. I shared the following poem by the Rev Victoria Safford. I share it again here, as I think it speaks to how we hold space for one another.

The Gates of Hope

*Our mission is to plant ourselves at the gates of Hope
 —not the prudent gates of Optimism, which are somewhat narrower.
 not the stalwart, boring gates of Common Sense;
 not the strident gates of Self-Righteousness,
 which creak on shrill and angry hinges (people cannot hear us there; they cannot pass through);
 not the cheerful, flimsy garden gates of “Everything is gonna be all right.”
 But a different, sometimes lonely place,
 the place of truth-telling, about your own soul first of all and its condition.
 the place of resistance and defiance,
 the piece of ground from which you see the world
 Both as it is and as it could be, ...as it will be;
 the place from which you glimpse not only struggle, but joy in the struggle.
 And we stand there, beckoning and calling,
 telling people what we are seeing, asking people what they see.*

As we look ahead to the warmth of summer, I encourage you to get outside when you can. Take in the beauty of this mountain community or wherever you find yourself. My wish for you is

that you will feel a sense of gratitude and even a little glimmer of hope in your heart.

In mid-June I will be traveling to be with my daughter who is expecting their first child. I will join you as we hold hope for the future, and although I will miss being with you, know I will continue working with the Sunday Service Team remotely to support the Fellowship's goal of growing this community. Contact me with the following link; don't hesitate to reach out, and I will do my best to stay in touch.

https://docs.google.com/forms/d/1cMM6L0MITuwiTemQQSgKJi9B6O9_ykB7kUOsvI3Dwyw/viewform?ts=66535526&edit_requested=true



De Anna Hoyle

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, June 2 10:30 AM

On Zoom and In Person at the Fellowship Hall

Pride Is for Everyone

with Pauline Benetti

Pauline Benetti will share her inspiration from a sermon given by the Rector of Christ Church Cranbrook (Episcopal) in Bloomfield Hills, Michigan. The Rev. William Danaher shares from a Christian perspective with

wisdom for us as a Unitarian Universalist congregation. Let us open our minds and hearts gaining wisdom from our Judeo-Christian roots. As we continue to explore and celebrate our shared values, we will revisit and recommit ourselves to being a Welcoming Congregation. This designation was recognized as an important step in living our values in the world.

Sunday, June 16 10:30 AM

On Zoom and In Person at the Fellowship Hall

Forest Bathing

An Emotional Reset

with Susan Kuhns

Shinrin-yoku, the Japanese term for 'bathing in a forest atmosphere' will be the theme for today's program offered by Susan Kuhns. We are excited to have Susan, a local health coach and certified nurse practitioner, who states that through this practice, you discover the healing power of nature and trees, lose yourself in the beauty of your surroundings, leave everyday stress behind, and reach a place of greater calm and wellness.

We hope to offer a continued shared experience in forest bathing so stay tuned for upcoming dates.

Zoom Instructions

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.

Class starts promptly at 1 PM and lasts about an hour. An online Zoom option is also available. For the Zoom link, or any other questions, please contact Jeannette at lavender.moon.peace@gmail.com. This class is offered on a donation basis.

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

June 9, 23

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 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 AM

Join with the congregation of First UU of Albuquerque in their Sunday worship service via Zoom at 9 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

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