



July 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 usually held on the 2nd and 4th Sundays at 9 AM. See below for details.

July Steering Committee Meeting: The next Steering Committee Meeting is scheduled for **July 23 at 5:30 PM** at Joan's home. All are welcome and encouraged to attend. If you would like to attend, please email info@pagosauu.org.

Note from the Editor, Kay Kaylor: With the planned June departure of Karen and Bob LeCour to Oregon, I will be editing the newsletter. I have a background in journalism and publishing, but much of the writing will be provided by our Community Engagement Coordinator and dedicated service presenters. We will miss Karen and Bob and all their many contributions to PUUF!

May Annual Meeting and Subsequent Election of Officers: Members at the Annual Meeting, May 19, passed the budget, later emailed to the list, and voted in 7 Steering Committee members. At the June Steering Committee meeting, members elected President, Michael Demchak; Vice President and Treasurer, Dave Pettus; Secretary, Joan Ward; and Pauline Benetti, Martine Colombey, Pat Devon, and Kay Kaylor, all At Large.

Peaceful

Leanings

offered by De Anna, serving PUUF as the Community Engagement Coordinator

I write this from the shores of British Columbia, Canada. Blue skies, gentle waves, Eagle, Heron, and some unidentified fish under the pier welcomed me. As we relax into the hotter days of summer or gear up for more outside activities, I am happy to share that here at the Fellowship we will be hosting two guest ministers in August! July will be just as enriching, as our Sunday services include hearing from the Unitarian Universalist Association's (UUA) General Assembly, held in June, and the Annual Fellowship Summer Picnic hosted at Dave and Barb's home. See details below.

I've been listening to a song lately that has become a sort of anthem for me. I share it here as inspiration for holding space for **Making Friends, Doing Good, Growing Your Spirit.**

[We Shall Be Known, by MaMuse](#) – link to YouTube

Lyrics

We shall be known by the company we keep
 By the ones who circle round to tend these fires
 We shall be known by the ones who sow and reap
 The seeds of change, alive from deep within the earth
 It is time now, it is time now that we thrive
 It is time we lead ourselves into the well
 It is time now, and what a time to be alive
 In this Great Turning we shall learn to lead in love
 In this Great Turning we shall learn to lead in love

May you know the beauty that you are, and may kindness be your path.
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, July 7 10:30 AM

On Zoom and In Person at the Fellowship Hall

Streaming UUA General Assembly (GA), Sunday Service, June 23

Rev. Molly Housh Gordon, "Weaving Our Lives"

Service Leader, Pauline Benetti

PUUF is a member congregation in the Unitarian Universalist Association. Each year UUs gather from around the continental United States to convene, not only on association business but also to worship and be in community with one another.

A rare Sunday is coming up; we will be treated to the complete GA Sunday service with glorious music, inspired speakers, visits to an array of UU congregations, images of weaving around the world, and a powerful message from Reverend Molly Housh Gordon, whose sermon, "Weaving Our Lives" asks, "We are all tangled up together in a great web of life that is woven with beauty and hardship, love and loss, thriving and struggle. How do we tend well to the weaving so that all of us are held in care?"



Rev. Molly

A lifelong Unitarian Universalist from Tulsa, Oklahoma, the Rev. Molly is the minister of the UU Church of Columbia, Missouri, where she is currently suing the state of Missouri for their unconstitutional abortion ban alongside 13 other multifaith clergy co-plaintiffs. Molly is passionate about red-state UU ministry, community organizing, and mutual aid. In addition to her ministry and organizing work, Molly is a published essayist and poet completing a Doctor of Ministry in Creative Writing and Public Theology.

As stated in the description, alongside her wonderful spouse, she is the delighted parent of two very fierce young children and one very chill old dog.

Sunday, July 21 11 AM

Annual Picnic at Dave and Barb's Home

with Michael Demchak

The Sunday Service element, provided by Michael Demchak, will focus on living in covenant with growth for our Fellowship in mind.

A new member welcoming will also be part of today's gathering. If you would like to officially become a member of PUUF, we encourage you to email pagosauuf@gmail.com and let us know. The process of becoming a member is simple; by signing the Membership Book and making a pledge to the Fellowship, you will covenant with us to create a vibrant and growing community to make friends, do good, and grow your spirit!

Grab a folding chair and other items (hat, sunblock, etc.) that will provide comfort for being outside, and come enjoy the festive atmosphere for this annual event. The Fellowship will provide a main dish and dessert, so please bring a side dish to share.

Directions to 1375 County Road 326, Pagosa Springs: Take highway 84 south out of east Pagosa, about 8 miles to CR 326, which is the Blanco Basin Road, turning left, going east. It's just past mile marker 20. Go 1.3 miles exactly, and watch closely for the turnoff down and to the right. Go through a gate, over a bridge, up a hill, and curve left. Dave and Barb are the first driveway on the left (there's only two houses on this road). If you get lost, call them: 970-264-1240.

Looking Ahead: Two Guest Ministers visiting in August

August 4: Rev. Ron Phares, Minister of All Souls UU Church, Colorado Springs.
Rev. Ron will be our guest minister and offer a sermon on interdependence.

August 18: Rev. Ruth Rinehart, UU Minister working with congregations in transition. Rev. Ruth is a returning guest minister to Pagosa and will share on love as a core value of Unitarian Universalism.

Zoom Instructions

<https://us02web.zoom.us/j/8991941305>

Meeting ID: 899 194 1305

Dial by your location
+1 346-248-7799 US (Houston)

Four Corners Retreat at Pine Song: Friday, July 12, through Sunday, July 14. The location is the same, 12758 County Road 501 in Bayfield, CO, in the Vallecito Lake area. The Sunday Service is free to visitors.

The links for the retreat flyer and registration follow:

Website

<https://durangouu.org/events/pine-song-retreat-2024>

Registration

<https://uufd.breezechms.com/form/315ac9>

Qigong Classes - Mondays 1 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: Usually 2nd and 4th

Sunday meditation

Please email pagosauuf@gmail.com to be added to the instructor's email list for notifications about changes in dates.

July 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 longtime 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 is greatly appreciated; however, no one will be turned away for lack of funds. Meditation instruction itself is always free.

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.
