



August 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.

August Steering Committee Meeting: The next Steering Committee Meeting is scheduled for Wednesday, **Aug. 21, at 2 PM** at the Fellowship. All are welcome and encouraged to attend. The meeting is usually held on the 3rd Tuesday or Wednesday 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 PUUF as the Community Engagement Coordinator



The days are warm and breezy here in the Pacific Northwest. I am in awe of the new life that is the center of my world and, along with their parents, are holding space for all that is to come, while also holding each moment in the precious now.

I've been singing a sort of lullaby to them, and I share it here with you as well. May you be held in the power of love and the power of NOW.

[Alexia Chellun - The Power Is Here Now - Official Music Video \(youtube.com\)](https://www.youtube.com/watch?v=...)

The Power Is Here Now, by Alexia Chellun

*The power of love is here now
 The power of now is here now
 The power of you and me is here to create magic on earth
 Let the water wash away your tears
 Let the fire burn away your fears
 Let the wind blow into your life such faith and trust*

Let the earth hold you, take care of you and nurture you

Upcoming Sunday Programming

As I mentioned in last month's newsletter, the Pagosa Fellowship will be the host of two guest UU ministers

this month. It has been some time since we've had a visiting professional, and we are thrilled for this opportunity to hear a wider view of Unitarian Universalist perspectives. It is an opportunity to live more fully into our questioning minds and open heartedness.

A look ahead - Sundays in September: We will gather for our scheduled 1st & 3rd Sundays. We hope you will join us in August for the two, in-person guest ministers, as this will be food for thought as we plan future services.

We will have an opportunity to engage with the Foothills UU Church in Fort Collins for a series titled *Universalism in a Polarized Age*. We will provide more information as we explore growing our spirits, doing good, and making connections. Join Us!

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, August 4 10:30 AM

On Zoom and In Person at the Fellowship Hall

Living with Interdependence

Rev. Ron Phares, Minister of All Souls UU Church, Colorado Springs

Service Leader, De Anna Hoyle

Unitarian Universalists recognize that we live in an interdependent world. But do we live that way? Interdependence is unquestionably life abetting. So why is it so hard to live in a way that is intentionally in harmony with interdependence? How do we move into this radically counter-cultural lifeway?



As Rev. Ron states, "I'm a nerd for spirit, for the ecstasy of meaningfulness. . . The thing I think I'd most like you to know about me is that I feel deeply called to aid and abet the shifting of our paradigm from one of separation and control to one of partnership and mutual care. The two primary places I try to do that are in my family and in my ministry."

A father, husband, and an ordained minister in the Unitarian Universalist faith tradition since 2010, Rev. Ron as our guest minister will offer a reflection, meditation, and insight. He is beginning his second year at All Souls in Colorado Springs. As a lifelong seeker, Rev. Ron's path led him from working in politics to writing and living in places across the globe.

Sunday, August 18 10:30 AM

On Zoom and In Person at the Fellowship Hall

Love at the Center

Rev. Ruth Rinehart, Minister working with congregations in transition

Service Leader, Michael Demchak

Rev. Ruth is a returning guest minister to Pagosa and will share on love as a core value of Unitarian Universalism. Love is an overused word, too often too trite. Powerful and fierce, it is not saccharine or sugary. How do we stay grounded in love at our center, at our core, in this world we live in? How do we live into Love at the Center, with a practice of love guiding our thoughts, words, and deeds? Love is a core Unitarian Universalist value; come, be with us, for reflection, lamentation, connection, and love.



Rev. Ruth Rinehart is a community minister, affiliated with Jefferson Unitarian Church in Golden, where she lives in her suburban permaculture homestead with her partner, David Hurlbut. She believes passionately in the Unitarian Universalist movement towards collective liberation for all and appreciates returning to the Pagosa Springs UU Fellowship to lead worship.

Joys in July

Side with Love: The attendees at the July 7 UUA service recording contributed \$105 to the Side with Love, sponsored by UUA, a "public advocacy campaign that seeks to harness love's power to stop oppression." More information is at <http://sidewithlove.org>. Thank you for your help with this program!

This sacred tree was the site of the July 21 service and picnic, enjoyed with the background of music at times and birds singing.



Zoom Instructions

<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 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.

August 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 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.
