



September 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.

September Steering Committee Meeting: The next Steering Committee Meeting is scheduled for Tuesday, **Sept. 17**, at **3 PM** at the Fellowship. 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. The members are Michael Demchak, Dave Pettus, Joan Ward, Pauline Benetti, Kay Kaylor, and Pat Devin; Martine Colombey chose not to be a member at this time.



This is one example of the Shared Values flower, designed by Tanya Webster (chalicedays.org). The final Article II document, approved in June, is available in this UUA link:

[https://www.uua.org/files/2024-](https://www.uua.org/files/2024-07/Article%20II%20Purposes%20and%20Covenant%20Final%20as%20of%20GA%202024.pdf)

[07/Article%20II%20Purposes%20and%20Covenant Final%20as%20of%20GA%202024.pdf](https://www.uua.org/files/2024-07/Article%20II%20Purposes%20and%20Covenant%20Final%20as%20of%20GA%202024.pdf)

Peaceful Leanings

De Anna Hoyle, Community Engagement Coordinator

I am listening to the Democratic National Convention as I write this. I am aware of the times we are living in – an election year, and I am reminded of the history that Unitarian and Universalists hold in justice making. From our clergy joining the March on Washington in the 1960s to the current day's issues of LGBTQ+ civil rights, we continue to **Side with Love**, <https://sidewithlove.org/>.

For those who are interested in putting your values into action, I would like to share some links here to serve as resources for you. We have a unique opportunity to get involved to the extent that each of us can.

The [UU the Vote Campaign](#) is a simple way to get involved at this important time in history. This website is chock full of information to educate yourself and shares simple action items, such as writing postcards to independent voters, that you can do from home. If you want further information, reach out. I am happy to offer more support where I can.

The Sunday Service Committee has been hard at work, meeting with our guest ministers and reaching out to fellow congregations to provide engaging worship and programs. We have an exciting opportunity from Foothills Unitarian Church in Fort Collins to offer a series titled *What Our World Needs Now: Universalism in a Polarized Age*. We plan to begin this Sunday, September 15, and, taking advantage of a 5th Sunday this month, to meet again. Our plan is to include opportunities to gather in small groups, outside of the 1st and 3rd Sundays, to deepen our exploration of the themes introduced. Come get curious with us!

More about the Upcoming Series, *What Our World Needs Now: Universalism in a Polarized Age*
Consider this series as an antidote to election anxiety, shared by the ministers at Foothills Unitarian Church, which explores the challenge of living out the Universalist belief that everyone is worthy of love, especially in a world filled with daily frustrations and divisiveness. It highlights how easy it is to let irritation and outrage overshadow our commitment to a broader, inclusive love. *What Our World Needs Now* invites us all to delve into these challenges together, building resilience and courage to widen the circle of love, even in difficult times.

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 Shared Values. 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, September 1 10:30 AM

In Person at the Fellowship Hall

The Tool of Curiosity in Love and Oneness

As Presented by Our Guest Ministers

Facilitated by De Anna Hoyle and Pauline Benetti

Using the World Café style of gathering around tables and sharing deeply, join us for a different kind of service of reflection and fellowship. Applying the idea of using curiosity as a “tool in our thinking that we can aim right at things we don’t understand,” as journalist Monica Guzman states, we take time to share with one another. Refreshments will be provided, so come grow your spirit.

Sunday, September 15 10:30 AM

On Zoom and in Person at the Fellowship Hall

"Them"

Rev. Sean Neil-Barron, Foothills Unitarian (streamed sermon)

Reverend Sean shares the good news of Universalism that "we are one and all are worthy of love," as he explores the how and why we should resist the constant pull toward tribalism and othering in our polarized age.

A New Offering: Sunday, September 22 11 AM – 12:30 PM

In Person at the Fellowship Hall

Going Deeper with Small Groups

Let's continue the conversation and communion with one another as we explore with curiosity and wondering questions on the series *What Our World Needs Now*. These gatherings will be held after meditation. You are invited to bring a sack lunch; beverages and sweets will be provided.

Sunday, September 29 10:30 AM

On Zoom and In Person at the Fellowship Hall

The Underdog

Rev. Gretchen Haley, Foothills Unitarian (streamed sermon)

We are all in this together, but, also, we aren't all in the same situation and we don't all hold the same power. How does power and vulnerability impact the message and call of Universalism?

Zoom Instructions

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

Meeting ID: 899 194 1305

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



Forest Bathing

A special thank you goes to Susan Kuhns, of San Juan Forest Bathing, who led a few participants in a forest bathing experience in August. It was a beautiful morning of fellowship and communing with nature. The next tentative date is Saturday, September 14, time to be determined. Please email

Susan
at sanjuanforestbathing@gmail.com for more information and to RSVP. Donations are gratefully accepted.

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.

September 8, 22

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.
