



November 2024

PUUF is currently offering in-person services on the 1st and 3rd Sundays of the month, with small-group discussions after meditations on some Sundays. 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.

November Steering Committee Meeting: The next Steering Committee Meeting is scheduled for **Tuesday, Nov. 12, at 3 PM** at a committee member's house. 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 date and 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.

Peaceful Leanings

De Anna Hoyle, Community Engagement Coordinator

What is love? Gratitude. What is hidden in our chests? Laughter.

What else? Compassion. - Rumi

I saw this quote recently and was inspired to share it here as a reminder that we all hold many pieces of our humanity alongside one another.

The following blog post appeared on the Foothills Unitarian Church website by

Rev. Sean Neil-Barron, Assistant Minister. It is a testament of drawing the circle wider, as is often referred to in Unitarian Universalist circles. We are grateful for the connection to Foothills and hope to continue the partnership that has been so fruitful for growing our spirits, doing good, and making friends!

Partnership with Pagosa Springs UUs - October 4, 2024

I just had to share some wonderful news that's been bringing me so much joy lately. One of our deepest commitments at Foothills is to reach out and support our fellow UU communities across Colorado. Well, a recent partnership with the Pagosa Unitarian Universalist Fellowship is really blossoming.

*They have been offering a small group experience called "Going Deeper" diving into the sermons and messages from our series, **"What Our World Needs Now: Universalism in a Polarized Age,"** and the response was heartwarming—they are having engaging discussions, welcomed a couple of new faces, and felt truly connected despite the miles between us.*

I wanted to share this with you because it's a beautiful example of how our collective energy and dedication are extending beyond our own congregation. We're not just supporting another community; we're building bridges and amplifying the Universalist message that everyone is worthy of love.

Thank you for being such an engaged and passionate part of Foothills. It's your spirit that makes collaborations feel not just like another thing we might 'have to do' but something that we 'should do' because of our collective mission.



Sunday Services and Programs

The first Sunday in November, we hear the final sermon in the series **What Our World Needs Now: Universalism in a Polarized Age**, streamed and offered by the ministers at Foothills Unitarian Church.

The third Sunday, our focus turns to gratitude as we enter the holiday season (can't believe I'm actually writing that), and we invite you to join us on Sundays, either at a service, meditation, or

small-group gathering this month.

An added opportunity to connect will be at the annual gathering around the table on Thanksgiving. Whether you gather with us or with family and friends, we are grateful for being part of this community of compassion.

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, November 3 10:30 AM

On Zoom and In Person at the Fellowship Hall

The Woke and the Waking

Rev. Gretchen Haley, Senior Minister, Foothills Unitarian Church

Service Leader, Joan Ward

A sermon in response to the sermon from the Rev. Marlin Lavanhar, "Love Beyond Beliefs," delivered at the installation of the Rev. Eric Banner at the First Universalist Church of Denver. (Rev Lavanhar is the senior pastor of All Souls Unitarian church

in Tulsa, Oklahoma)

Unitarian Universalism is founded on the idea that all people are fundamentally equal and are inherently worthy. But ideas and beliefs are not all equal and are not all worthy. We allow free debate of ideas . . . and give people freedom to question and to be wrong. Rev. Lavanhar summarizes his fundamental question and challenge to our faith as, "Is there room among the woke for the waking?"

Rev. Gretchen Haley explores this idea, sharing her wisdom and experience to unpack how we live more fully into our UU values.

Sunday, November 10 11 AM - 12:30 PM

In Person at the Fellowship Hall

Going Deeper, Small Group Ministry Sharing Circle

Facilitated by De Anna Hoyle

All are welcome in this safe and supportive circle as we engage our hearts to reflect on the recent sermons and anything else on your heart. Light snacks and beverages will be available.

Sunday, November 17 10:30 AM

On Zoom and In Person at the Fellowship Hall

A Service of Gratitude

Michael Demchak

Today we will hold a space for gratitude - for ourselves, one another, and the world. We invite you to come explore with us as Michael Demchak leads us in the practice of gratitude, not just for the season, but also every day.

Michael is a lay leader with Pagan roots and serves Pagosa UU Fellowship as the steering committee president.

Community Thanksgiving Gathering

November 28 1 PM

Giving Thanks Together

You are invited to come to the Fellowship on Thanksgiving Day to share a meal. PUUF will provide the turkey, desserts, wine, and other beverages. Please bring an appetizer or a side dish of your choice.

To help us in planning, we ask that you **RSVP by November 20, with your dish**, to pagosauuf@gmail.com. Please be sure to tell us the number of people in your party. You are welcome at our table even if you don't RSVP.

Zoom Instructions

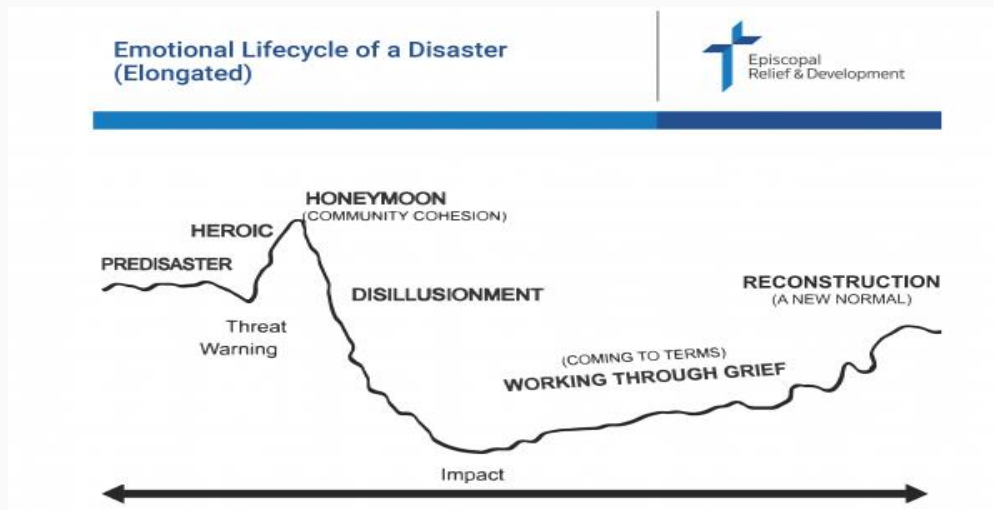
<https://us02web.zoom.us/j/8991941305>

Meeting ID: 899 194 1305

Dial by your location

+1 346-248-7799 US (Houston)

Disaster Preparedness



This graphic seems to apply not only to recent hurricane disasters but also other traumas. It came from the UU Ministry for Earth, with this link explaining the process: [The Emotional Life Cycle of a Disaster](#)

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: Meditation

Usually, 2nd and 4th Sundays

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

November 8, 22

Meditation Practice 9 - 9:45 AM, Dharma talk, 9:45 - 10:15 AM; tea, 10:15 - 10:30 AM

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, so please arrive a few minutes early to settle in. For the consideration of others, mask wearing is encouraged.

A 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

The Durango Fellowship has a new Settled Minister, who began in September: Rev. Jamie Elaine Boyce. You are welcome to join with the congregation of UUFD for their Sunday morning service with the following link:

<https://durangouu.org/worship/upcoming-worship-services/>

First Unitarian Church of Albuquerque – Sundays, 9 AM

Rev. Angela Herrera Koren, Senior Minister, is currently on sabbatical. Rev. Bob LaVallee, Associate Minister, and others are serving until she returns. 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 join the meeting.

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 whether you need anything, 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

After the October newsletter, the Fellowship received a couple more emails with kind thoughts about our beloved Bonnie Runyan. Members and friends also spoke at a service during Joys and Concerns.

What a sweet lady. In August I tried to get her to go have dinner with me. She explained to me that she was in pain and she couldn't go. I was disappointed but

so happy to talk to her. To me Bonnie is the epitome of a loving Unitarian. I miss the love she radiated.

Kenny Jordahl and Molly, in AZ until summer

I was deeply saddened when told of her passing. Now after reading her letter to us, I am proud of her and fully understand her choice. She was brave to finish her life as she saw fit. I will miss her especially when I attend a PUUF service. She went out of her way to make me feel special. I was fortunate to hear her sing with John Graves Jazz friends at Nello's restaurant several. times. What a great voice!

George Sievers

We will continue to 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, if you choose, and memoriam to info@pagosauu.org.
