



October 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.

October Steering Committee Meeting: The next Steering Committee Meeting is scheduled for **Tuesday, Oct. 22, at 3:30 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.

Peaceful Leanings

De Anna Hoyle, Community Engagement Coordinator

I offer the following lyrics, which you can read as a poem, and that speak to me deeply. As we navigate news of heartache, longing, and loss, we also enjoy hope, giving, and gratitude - all of which are a part of this journey of life on Earth. May we hold ourselves and one another with care, and may we recognize the gift of being here now - it is all there is.

Rivers Run, Karine Polwart

This weary Earth we walk upon
She will endure when we are gone
While kingdoms come and kingdoms go
Rivers run and rivers flow

You know I don't believe it's true
That in this world there's nothing new
For darling you have just begun
Rivers flow and rivers run

And if those rivers should ever run dry
Somewhere the rain will still fall,
Will still fall from the sky

When I'm beguiled by the fear
That darker days are drawing near
My darling, you seduce the sun
Rivers flow and rivers run

This wounded Earth we walk upon

She will endure when we are gone
But still I pray that you may know
How rivers run and rivers flow

So I cross my heart and hope to live
Just long enough that I can give
It all to you, my darling one
Rivers flow and rivers run

[Rivers Run by Karine Polwart](#) (click to listen to the song on YouTube)

Sunday Services and Programs

For October, we continue our series titled, **What Our World Needs Now: Universalism in a Polarized Age**, streamed sermons offered by the ministers at Foothills Unitarian Church.

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, October 6 10:30 AM

On Zoom and In Person at the Fellowship Hall

Original Blessing

Exploring the Goodness of the Heritage of Universalism Together

Rev. Roger Butts, Community Minister

Service Leader, Pauline Benetti

Universalism is what the world needs now: a spacious, gentle, fierce commitment to what is possible, together. It starts and ends with a simple proclamation of love for all of creation.

Sunday, October 13 11 AM - 12:30 PM

In Person at the Fellowship Hall

Going Deeper, Small Group Ministry Sharing Circle

We invite those interested in sharing in a safe and supportive circle. We engage our hearts to reflect on the sermons we are hearing and share with one another. Light snacks and beverages will be available.

Sunday, October 20 10:30 AM

On Zoom and In Person at the Fellowship Hall

Near Enemies

Rev. Elaine Aron-Tenbrick, Assistant Minister, Foothills Unitarian

Service Leader, Michael Demchak

Buddhist psychology has a phrase for a distancing phenomenon, namely, a near enemy. These behaviors are the “near enemies” of our actual values. Rev. Elaine shares personal experience and stories to help us understand how it creates separation instead of connection to one another.

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

Saturday, October 26, Beginning 9 AM

Susan Kuhns, San Juan Forest Bathing, will lead participants in this meditative practice outdoors. 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: 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.

October 13, 27

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, 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

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

It is with deep sadness that we share here about the passing of our dear friend, Bonnie Runyan, on September 14, 2024. Bonnie made a request, and the Steering Committee wanted to honor her wishes, that the following letter be shared. We have included a link below for those who wish to read it. Some may find the contents challenging, and we trust you will take care if choosing to read it.

https://mcusercontent.com/06062c078d14ae908607c1be3/files/25bb3973-75fb-78c7-d9c9-7362320e3dc8/BR_Farewell_Letter.pdf

Here are some thoughts shared about Bonnie. She will be deeply missed.

I am thankful to have known Bonnie as a true friend. She was an amazing person that shared her love with me and gave me support through some tough times in my life. Her strength, wisdom, and beauty will always stay with me in my heart. Blessings to you, Bonnie. Gratitude and love to you always.
Michael

I met Bonnie nearly 20 years ago in another capacity in town. We shared about our children’s struggles and chronic pain journeys. I remember visiting her at home and was awed by her artistic talents, including her love of singing. Sweet, sweet peace to you Dear Bonnie.
De Anna

Bonnie was my best music fan, always appreciative, always encouraging. I’ll miss her.
Dave

I shall always remember Bonnie’s deep concern for the marginalized and the abandoned. The strength in her voice when she urged concern for victims of human trafficking, the sincere pleasure she took from visits with the immigrant families in her neighborhood. She modeled the meaning of the little poem: I am only one / But still I am one. / I cannot do everything. / But still I can do something. / And because I cannot do everything / I will not refuse to do the / something that I can do. (Edward Everett Hale).
Pauline

I’m going to miss Bonnie - especially during music at the fellowship. When there was music, I always tried to find a way to stand beside her to better hear her beautiful voice and feel her loving energy.
Pat

When she attended on Sundays, I could count on Bonnie to ask about my recent health issues, and she always had supportive suggestions and comfort. I knew she was in pain, and I admired her concern about worldwide issues. I also remember her singing for us, and I hope that she found love and joy in an afterlife.
Kay

Feel free to email any more personal testimonies for the next newsletter. 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.
