



## December 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.

**December Steering Committee Meeting:** The next Steering Committee Meeting is scheduled for **Tuesday, Dec. 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 date and time and also request Zoom access by emailing [info@pagosauu.org](mailto: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*

We find ourselves amid the season of love and light on the heels of the post-election season. I say, "What a contrast!" Then I realize, it's only life - in all its shining glory and despair, sitting right next to each other.

As you move inward for Winter's rest, reflecting on gratitude and the approaching holy days, I offer these exercises, especially if you are feeling strained or fatigued.

---

Know that others understand how you feel – You are not alone.

### **\*Exercises for Growing Through the Dark Night**

- Quiet
  - This means your body and mind. Turn off devices and media, even music. Spend time with yourself in a state of non-thinking and non-judgment. Just be.
- Connect
  - Other than one or two very close confidants, the dynamic of connecting with other people may be too much right now. Connect with Nature. Feel your place in the cosmos. Be outside.
- Express
  - Allow all emotions to come up. Don't hold anything back. And don't hold on to anything. Feel and let go. Trust and allow.
- Create
  - You can be creative in the dark night. This can be a wonderful place of conception. Write, paint, dance, speak- record your growth through creativity.
- Give
  - Get out of your head and into your heart by giving your time and attention to helping others. Doing something for someone else in need is a sure way to shift your energy.
- Gratitude
  - Release any judgment that the dark night is to be avoided or shunned. Find authentic, deeply felt gratitude for ALL experiences. That's grace.

\*I cut this out of a magazine years ago but keep it close at hand. I don't have a source for this, but it does have some advertisements with "Durango" on the backside. Thank you to whomever previously posted and printed this.

---

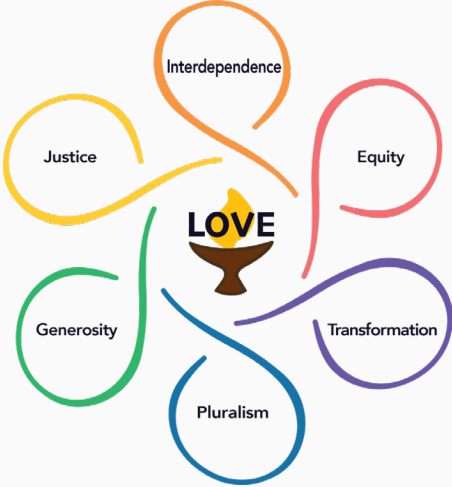

As we practice gratitude, here is a link to videos on a page titled Grateful Living:

<https://grateful.org/resource-type/videos/>

Looking ahead to the new year, the work of the Fellowship continues with some added programming for connection and service. Stay tuned as we live our shared values in a world so desperately in need of love at the center. Ideas are welcome as we find ways to do good in our small community and beyond.

Join us for a special evening Solstice Gathering, Friday, December 20, as we honor the darkness and celebrate the return of the light. (details below)

May you find peace and joy in community this month.



**Sunday Services and Programs**

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](mailto:joanyward@gmail.com) or 970-382-1925.

---

A colorful Feeling Wheel was introduced at one of the November services. This link includes the original wheel and a link described below.

---

<https://acrobat.adobe.com/id/urn:aaid:sc:va6c2:d2507aeb-6ad5-4751-adac-414e212c7e52>

## **The Feeling Wheel**

**By Gloria Willcox**

### **AllTheFeelz**

For an interactive version of the emotion wheel, please visit <http://allthefeelz.app>  
“A Tool for Expanding Awareness of Emotions and Increasing Spontaneity and Intimacy.”



**Sunday, December 1 10:30 AM**

**On Zoom and In Person at the Fellowship Hall**

***A Personal Theology Processed through Process Theology***

**De Anna Hoyle, Community Engagement Coordinator**

De Anna will share her perspective on process theology and magic moments in the everyday. Her training as a religious educator and spiritual companion, working with people of all ages, is how she engages more deeply to what is described as the magical in the mundane.

De Anna states, “There is something that intrigues me about those moments of synchronicity, those times when all of life’s little disturbances fall away and I am left with a sense of awe and connection - I feel held. I hope to convey a sense of wonder through stories, music with a little bit of science thrown in.”

---

**Sunday, December 8 11 AM - 12:30 PM**

**In Person at the Fellowship Hall**

***Going Deeper, Small Group Ministry Sharing Circle***

*Facilitated by De Anna Hoyle*

This is a time to come together in community and engage with a greater sense of what brings meaning to our lives. We take time to check in with ourselves, listen deeply with an open heart - to one another and to spirit, however YOU define that. Come for light refreshments and join us as we build community in a safe small group setting.

**Sunday, December 15 10:30 AM**

**On Zoom and In Person at the Fellowship Hall**

***I Heard the Bells on Christmas Day***

***UU Christmas Traditions, Solstice and***

***Winter Music and Sharing***

As we enter the festive time of year, we call upon historical traditions and songs as we celebrate and honor some Unitarian ancestors. Join us for a relaxed Sunday morning of music and singing. All are welcome to join in participating as readers or song leaders.

**December 20 6 PM - 7:30 PM**

***Solstice Gathering and Ritual***

---

## ***Honoring the Darkness - Holding the Light Within***

With Winter Solstice upon us, we open the doors wide, welcoming friends and the lessons of the darkness. Bring a treat to share after the ritual. Warm cider and hot chocolate will be available. Dress warmly in case we spend a little time outside.



### **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](mailto: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](mailto:pagosauuf@gmail.com) to be added to the instructor's email list for notifications about changes in dates.**

**December 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](mailto:info@pagosauu.org) or call 970-382-1925 and leave a message. We’re here to help!

---

### **In Memory**

We offer this space to honor those loved ones who have passed, whether human or animal. If you would like to share a passing, please send a photo, if you choose, and memoriam to [info@pagosauu.org](mailto:info@pagosauu.org).

---