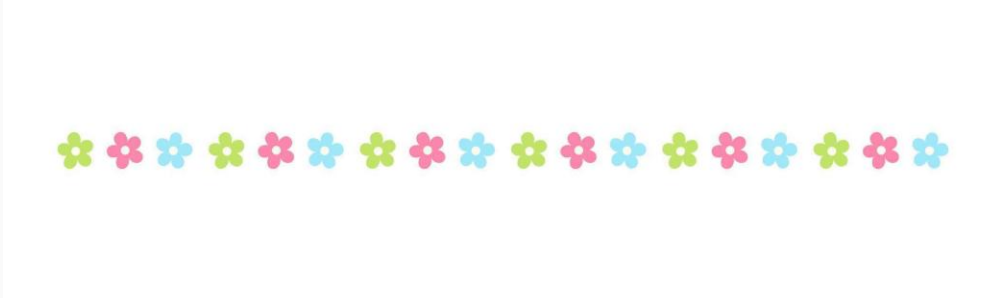




April 2025

PUUF is currently offering in-person services at **10:30 AM** on the 1st and 3rd Sundays of the month, with small-group discussions and action programs on the 2nd and 4th Sundays. Weekly meditations begin at **9 AM**. An interactive Zoom option is available for those wishing to participate remotely in the services (see link below). See below for more details. A monthly calendar will be posted on the window outside the Fellowship.

April Steering Committee Meeting: The next Steering Committee is scheduled for **Tuesday, April 15, 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 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

Author and Quaker theologian Parker Palmer writes:

*There is a hard truth to be told: before spring becomes beautiful,
it is plug ugly, nothing but mud and muck...*

But in that muddy mess, the conditions for rebirth are being created.

Poet and farmer Thomas Berry shares:

*Every being exists in intimate relation with other beings
and in constant exchange of gifts with each other.*

And so, in the mud and muck of springtime here in the Rockies, may you feel a connection to all the more-than-human beings and the gifts they offer. Then ask, what can I offer in return?

With peace and friendship, De Anna

Living into Our Values



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.

Share the Plate

In our role as a *giving congregation*, each month or two we will share the sum of our Sunday plates with a designated entity or chosen purpose. In this way, we live

our value of *generosity*. We will announce the recipient during Sunday services. Your generosity in time and treasure will contribute to our success. Thank You!



Sunday Service and Programs

Sunday, April 6 10:30 AM

Meditation Practice 9 AM - 9:40 AM

On Zoom and In Person at the Fellowship Hall

The Singing Stone

Libby Krause

A "Medicine Story" is not about the creation of aspirin or the side effects of Ozempic, but rather about the healing of the Spirit through story. One can hear the same story 3 or 30 times and get something different from it each time. If people think, "Oh, I know this story," that story becomes dead to them, and they will get nothing from it. "Medicine Stories" can be found in every culture and on every continent from the indigenous persons and the people who hear the stories and feel a calling to learn and share them. The story Libby will be offering is about the healing of strife through the selfless act of love.

We are blessed to have Libby Krause in our midst. She is a recent arrival to the Fellowship, and when she offered to use the art of storytelling, we said "Yes!" Libby states, "I first saw Pagosa Springs when I was 25. As an artist, this area seemed the perfect location to feed my spirit. It took years before I found my way back here to live. My husband and I bought our Pagosa home in 2020, but my heart

has been here for decades. It is wonderful to be home.”

Sunday, April 13 10:30 AM

Meditation Practice 9 AM - 10:15 AM

In Person at the Fellowship Hall

Going Deeper Sharing Circle

Facilitated by De Anna Hoyle

We come together in this small-group setting to share with one another and practice deep listening. We explore themes of recent topics and leave space for reflection and for whatever else is in our hearts. Come make friends and practice the art of listening with others. Light refreshments are offered.

Sunday, April 20 10:30 AM

Meditation Practice 9 AM - 9:40 AM

On Zoom and In Person at the Fellowship Hall

Celebrating Earth Day 2025

Reimagining Together: Listen Because Kindness Eases Change

Joan Ward

As Unitarian Universalists, we are positioned to be faith leaders at this critical time in our country’s history. And it can feel overwhelming. Where do we start? We run the risk of becoming quick to act without listening to each other and the communities most impacted by climate disruption. For this Earth Day celebration, UU Ministry for Earth helps us deepen practices that put Love at the center of our climate justice work—not to avoid acting, but to prepare and sustain us for action. (Note: The actual Earth Day is April 22, so members and friends might consider additional activities to honor the planet. See below for one, and the Fellowship will have a table there. Of course, every day is Earth day.)

We will be sharing the words of the Unitarian Universalist Ministry for Earth (UUME) service, as read by our service leader, Joan Ward, with music by Dave Pettus.

Action Sunday, April 27 10:30 AM

Meditation Practice 9 AM - 10:15 PM

In Person at the Fellowship Hall

Friends and Neighbors in Need

We look forward to meeting and hearing from Leonard Martinez, lead for Friends and Neighbors in Need, a local, faith-based organization to help those in need in our community. Come to learn, grow, and do good!

Zoom Instructions

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

Meeting ID: 899 194 1305

Dial by your location

+1 346-248-7799 US (Houston)

Earth Day Community Celebration

The following poster is close to the final draft, but some activities need to be confirmed. To see updates, check out the Southwest Organization for Sustainability Facebook page:

<https://www.facebook.com/share/14sHp7saxY2/>



Social Justice Opportunities

National UU organizations offer many opportunities to listen to relevant current event services and updates, take part in actions, and find support through email newsletters and daily reflections. The Unitarian Universalist

Association, Unitarian Universalists for Social Justice, Side with Love, the Unitarian Universalist Church of the Larger Fellowship, and Unitarian Universalist Ministry for Earth are examples. A useful website or app for contacting our legislators is 5 Calls, <http://5calls.org>, which identifies lawmakers with an area search, lists multiple active topics, gives a background on them and how your representatives voted, and provides a script to use for the calls, along with informative and calling links.



Qigong Classes

Mondays, 1 PM

Jeanette Pike

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 Sundays

Shortened Practice

February 2, 16 9 AM - 9:40 AM

Practice and Dharma Talk

February 9, 23 9 AM - 10:15 AM

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

Dan Dempster

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.



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

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 Pauline Benetti or Pat Devin with the Caring Committee at info@pagosauu.org . 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.
