



May 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.

May Steering Committee Meeting: The next Steering Committee is scheduled for **Tuesday, May 13**, 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

One of my spiritual practices is to be attentive to the seasonal shifts and to notice the subtle changes within. As we know, we experience constant change,

especially here in the mountains. I have learned a bit about remaining flexible and rolling along, like the river. It sounds easier than it actually is, though. What do we do when things change, and we don't want them to? How do we navigate the inner landscape that feels uncertain, rocky, and just plain hard?

My antidote lately has been to slow down; to get quiet enough to hear the longings of my heart. I listen for the silence and bathe in the stillness, even if for a few moments. Like the seeds or bulbs that have waited under the frozen earth, I, too, can let myself thaw until the time comes when rebirth starts to take hold. Then I get on with growing once again.

May the blessings of the Earth become a part of who you are in the world.
Peace, 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 quarter 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 SERVICES AND PROGRAMS

Sunday, May 4 10:30 AM

Meditation Practice 9 AM - 9:40 AM

On Zoom and In Person at the Fellowship Hall

Threats to Biodiversity: Making It Personal

Herb Grover

We welcome Herb Grover to share his talk after an unforeseen accident kept him from speaking in March. Conservation biologists have been sounding the alarm for many years that, as a result of the global impact of the human endeavor, the biosphere is undergoing a sixth mass extinction event. The number of disappearing species, coupled with the decline in numbers of virtually all forms of wildlife, paint a picture that for some is overwhelming.

Herb Grover, a retired university professor of ecology and environmental science, will bring the topic of threats to biodiversity home by reviewing the results of a bird

monitoring project he helps coordinate through our local Weminuche Audubon Society and through his personal efforts to observe, photograph, and share with others the beauty of our surroundings. His talk will also draw attention to the Unitarian Universalist seventh principle concerning the interconnectedness and interdependence of all living things through a discussion of whether a universal appreciation of beauty in nature exists, and if so, how this might promote a more inclusive environmental stewardship.



An American dipper, or water ouzel, parent brings a fish to four nestlings under a bridge.

This Weminuche Audubon monitoring program begins in April and started after the toxic mine spill in

Durango's Animas River.

Photo by Kay Kaylor

Sunday, May 11 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, May 18 10:30 AM

Meditation Practice 9 AM - 9:40 AM

On Zoom and In Person at the Fellowship Hall

Mystics on the Front Lines

Integrating Spiritual Perspectives and Resources into Social Activism

David and Janess Sheets

Janess and David Sheets are ordained ministers of the Sufi Universal Worship, spiritual retreat guides, and senior teachers in the Inayatiyya, a Sufi Path of Spiritual Liberty. They studied with renowned Sufi master Pir Vilayat Inayat Khan for more than 30 years and continue to serve in many local, national, and international roles in the Inayatiyya. Now retired from careers in Texas child protective services, they live in Pagosa Springs, where they guide meditation retreats and enjoy being in the mountains, traveling, and spending time with family and friends.

Action Sunday, May 25 10:30 AM

Meditation Practice 9 AM - 10:15 PM

In Person at the Fellowship Hall

Join us for Action Sunday! as we put our values and *doing good* into practice.

Zoom Instructions

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

Meeting ID: 899 194 1305

Dial by your location

+1 346-248-7799 US (Houston)

Friends and Neighbors in Need

At our recent Action Sunday!, we learned about the local organization Friends and Neighbors in Need. We are grateful to Leonard Martinez for his time and for providing us with the following information about their mission: "To Provide Emergency Services and Identify Systemic Issues to the Appropriate Agencies, for Our Most Vulnerable in Archuleta County." Mr. Martinez shared the following with the small-group gathering:

So How Can You Help?

First: Think about the concept: Open your senses, suspend judgement, and become a resource to your Friend or Neighbor who needs help and always demonstrate respect and provide dignity to whomever you help.

Second: We found a man and his son who were looking for shelter to get out of the elements because of the snowstorm over Easter Weekend. A storage trailer was cleaned up, a couple cots were purchased along with a hot plate and a lamp. They were placed near an electric outlet where a space heater could be used. We need to insulate that trailer and equip it with whatever we can, to provide emergency shelter, in the worst-case scenarios. We will work to get the county to take on the task of providing emergency shelter. That will take at least two years as we are not in this year's budget. A work session on this topic has been committed but that is for out-year budgets.

Thank you, in advance for any financial resources you can provide to equip that trailer, to provide emergency shelter.

To make a donation to Friends and Neighbors in Need, a QR code was provided that is currently posted at the Fellowship. Or make a check payable to Pagosa UU Fellowship (PUUF) with "F & N in Need" in the memo.

Earth Day Community Celebration, April 26



Tara and Barb



Joan and Dave

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. 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

May 4, 18 9 AM - 9:40 AM

Shortened Practice

May 11, 25 9 AM - 10:15 AM

Practice and Dharma Talk

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.
