



January 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. Starting Jan. 12, weekly meditations will 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,

January Steering Committee Meeting: The next Steering Committee is scheduled for **Tuesday, Jan. 21, 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

I offer the poem below, written by a colleague of mine, and it speaks to the beloved community we are building here at Pagosa UU Fellowship.

As we look forward in the new year, I hope you will find ways to deepen your

connection to spirit, community, and justice making.

Take special note of the newsletter calendar for the following changes to come beginning this month:

- **Meditation Practice every Sunday**, led by Dan Dempster, at 9 AM, beginning January 12
 - 1st & 3rd Sundays – **9-9:40 AM** (a shortened practice)
 - 2nd & 4th Sundays – **9-10:15 AM** (practice and Dharma talk)
- **Action Sunday!**
 - Each 4th Sunday we will gather at 10:30 AM for a mindful moment and do a simple action of kindness for the wider community.

NOTE: A **10:30 AM start time** will apply not only to the Sunday Services and Programs, but also to the Going Deeper Sharing Circle and Action Sunday!

Heartfelt appreciation goes out to all who attended and helped with the Solstice Gathering last month. It was a festive celebration of honoring the darkness and welcoming the growing light. May you experience the healing power of rest and renewal this season.

Through Covenant

By Rev. Tandi Rogers

*In the stillness of gathering, we breathe in community.
Into the heart of what we choose, we breathe out purpose.*

*A moment of yes, peeling back layers,
Revealing our core, authentic, and true.*

*We belong to and within this circle.
Becoming, stretching, beyond the known.
Practicing humility, salvation in community,
Where brokenness meets the holy whole.*

*Each vow, though fragile, is a thread,
Binding us to purpose, to grace.*

*Through this covenant, we know ourselves,
Each other, this gathering over and over.
Not perfect, but striving, ever becoming.
We journey together towards the beyond.*

As we move into a new year, the leadership of the Fellowship is finding ways to connect more with one another, to make friends, and to do good works in our community. We want to recognize Kristen Roth, who has continued to inspire us, and are asking for help in providing items for Care Kits for those unhoused people in our community. We invite you to donate as you are able with the items below.

On Sunday, January 26, at 10:30, we will gather and put together these Care Kits, which you can take to have in your car and offer to those who may want one.

A box will be at the Fellowship to collect the donated items.

Care Kit Items:

- One gallon zip bags
- Soft granola bars
- Individual instant oatmeal
- Toothbrush, toothpaste
- Toothpicks
- Shampoo bar/toiletries
- Feminine hygiene products
- Comb
- Band-aids
- Gauze bandage

- First aid adhesive tape
- Antibiotic ointment
- Bus passes from MET: 10-pack, 970-264-2250
- Shower pass: 6-punch from the Pagosa Springs Community Center
- City Market gift card for food
- Good quality dog food (this will be put into a zip bag)



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 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*. For January, we are devoting half of the Sunday collections to the purchase of the items that will be used to create the Care Kits during our January 26 Action Sunday program. Your generosity in time and treasure will contribute to our success. Thank You!

Sunday, January 5 10:30 AM

On Zoom and In Person at the Fellowship Hall

Meditation as Social Justice

Dan Dempster

Practicing meditation is a powerful antidote to anger, fear, and sadness. We practice with safe, abstract visualization, which involves no judgment or storytelling, only the acknowledgement of suffering and the active intention to remove that suffering and bring peace. You do not need to be Buddhist to benefit from these beautiful, authentic practices.

Sunday, January 12 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 offerings and leave space for reflection and for whatever else is on our hearts. Come make friends in this loosely facilitated group. Light refreshments are offered.

Sunday, January 19 10:30 AM

Meditation Practice 9 AM - 9:40 AM

On Zoom and In Person at the Fellowship Hall

Our Pilgrimage on the Camino de Santiago

Rica Potenz and Thomas Davenport

Our guest speakers Rica and Thomas will feature the spiritual and practical details of their itinerary through northwestern Portugal and Spain, and they will leave time for your questions.

Action Sunday, January 26 10:30 AM

Meditation Practice 9 AM - 10:15 PM

In Person at the Fellowship Hall

Building Care Kits for the Unhoused

See the information above in Peaceful Leanings.

Zoom Instructions

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

Meeting ID: 899 194 1305

Dial by your location

+1 346-248-7799 US (Houston)



March for Equality

Saturday, January 18 11 AM

Please join the Fellowship for a peaceful and family-friendly March for Equality. This march will be in conjunction with the National People's March, occurring on the same day in Washington, DC.

Participants will depart from Town Park at 11am, heading to Hot Springs Blvd. From there, we will walk west on Hwy. 160 to 6th Street, where we will cross to the north side of the street, then head back to 1st Street. There, we will cross the street again and walk back to Town Park, where we will disband.

The Pagosa March will be on the sidewalk only, so we don't disrupt traffic. While the March is not a part of WinterFest, we encourage you to watch the balloon

launch beforehand and stay for the Penguin Plunge afterward. For more information, email psequalitymarch@gmail.com.

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

Practice and Dharma Talk

January 12, January 26 9 AM - 10:15 AM

Shortened Practice

January 19 9 AM - 9:40 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.
