



## **March 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.

**March Steering Committee Meeting:** The next Steering Committee is scheduled for **Tuesday, March 18, at 2 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*

### **Mysteries, Yes — Mary Oliver**

*Truly, we live with mysteries too marvelous  
to be understood.*

*How grass can be nourishing in the  
mouths of the lambs.*

*How rivers and stones are forever  
in allegiance with gravity  
while we ourselves dream of rising.*

*How two hands touch and the bonds  
will never be broken.  
How people come, from delight or the  
scars of damage,  
to the comfort of a poem.  
Let me keep my distance, always, from those  
who think they have the answers.  
Let me keep company always with those who say  
'Look!' and laugh in astonishment,  
and bow their heads.*

I read the above poem with the Going Deeper Sharing Circle last month. I offer it here so more of you have an opportunity to *dig in and go deeper* with the beauty of words to spark a feeling or response, dare I say, to Life?

Try a practice of Lectio Divina that may help you hold space for the magic to come. I found [this site](#) helpful for a non-Biblical way of framing this *Divine Reading* practice. Let me know if you try it out!

I want to say a hearty *'thank you'* to Dan Dempster, who tirelessly offers the weekly meditation practice. Without Dan's leadership, we probably could not offer this rich opportunity for those who want to practice regularly. We honor you, Dan, and thank you.

If you are interested in this weekly program, we encourage you to email [pagosauuf@gmail.com](mailto:pagosauuf@gmail.com) so that you can be added to the list and to inquire about the Zoom link from Dan directly.





## 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](mailto: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*. We will announce the recipient during Sunday services. Your generosity in time and treasure will contribute to our success. Thank You!

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## ***Sunday Service and Programs***

**Sunday, March 2 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**

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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.

In this week's talk, Herb Grover, a retired university professor of ecology and environmental science, will bring home the topic of threats to biodiversity 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 about the interconnectedness and interdependence of all existence through a discussion of whether a universal appreciation of beauty in nature endures, and if so, how this might promote more inclusive environmental stewardship.

**Sunday, March 9 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 in this lightly facilitated group. Refreshments are offered.

**Sunday, March 16 10:30 AM**

**Meditation Practice 9 AM - 9:40 AM**

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

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## ***Spring Renewal***

### **Michael Demchak and De Anna Hoyle**

As the seasonal wheel turns toward the Spring Equinox, our focus shifts from the internal to the external as light and darkness come into balance. Michael Demchak will hold space for story and song as we enter this time of spring renewal.

Michael Demchak was raised with a Unitarian Universalist background for most of his childhood in Connecticut. He moved to Denver with his family in 1976 and began attending the Mile High Church of Religious Science. He studied Computer Science at Metropolitan State College but pursued other careers, including Pharmacy Technician, Accounting, and Facilities Management. In 2007 he became active in a Pagan meetup group and helped it grow into the Living Earth Church, where he co-created many circles as a Pagan priest. He enjoys camping, four wheeling, skating, music, photography, and nature. Michael has lived in Pagosa Springs since 2017. He is Chairperson of the Sunday Service Team, President, and a lay minister for the Fellowship.

**Action Sunday, March 23 10:30 AM**

**Meditation Practice 9 AM - 10:15 PM**

**In Person at the Fellowship Hall**

### ***Pagosa Community Initiative (PCI)***

Rebecca Tenpenny, Director of PCI, will share about the work of PCI, a local nonprofit whose mission is to "... Create interactive opportunities that honor culture and diversity to provide Archuleta residents with services that increase wellness and engagement for a better quality of life." Join us as we create a path to building community and putting our values into action.

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## **Fifth Sunday, March 30**

### **No Programming**

Consider this an invitation to rest. Meditate, take a walk in the woods to forest bathe, connect with friends and family, or simply enjoy the silence. Engage in ways that feed your spirit.

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### **Pagosa Outreach Connection (POC)**

During her presentation on Feb. 23, Jean Smith, the Fellowship's representative on the POC, provided 2023 statistics and examples of situations the POC approves for a limit of \$1500 per application.

Total monies awarded: \$63,315

Total number of applications funded: 69

Average award per funded application: \$918

#### **Funding categories and percentages:**

Housing: 76%

Auto: 16%

Utilities: 7%

Childcare: 3%

Medical/Dental: 1%

Estimated number of Archuleta residents receiving assistance: 150-200

Here is a summary of POC assistance for individuals and families who normally are self-sustaining: one month's mortgage, a car payment, and partial rent. The situations involve illness, surgery, a temporary injury, and financially recovering from a

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devastating loss.

## **Social Justice and How to Get Involved**

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, 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 representative voted, and provides a script to use for the calls, along with informative links and links to call.



## **Zoom Instructions**

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

Meeting ID: 899 194 1305

Dial by your location

+1 346-248-7799 US (Houston)

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## **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](mailto:lavender.moon.peace@gmail.com). This class is offered on a donation basis.

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**Love, Compassion, Joy, and Equanimity**

**Meditation Sundays**

***Shortened Practice***

**February 2, 16 9 AM - 9:40 AM**

***Practice and Dharma Talk***

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**February 9, 23 9 AM - 10:15 AM**

Please email [pagosauuf@gmail.com](mailto:pagosauuf@gmail.com) to be added to the instructor's email list for notifications about any changes.

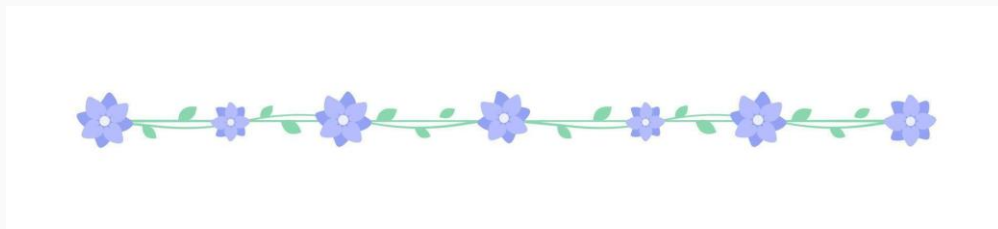
### **Dan Dempster**

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>

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### **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/>

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### **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.

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### **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](mailto:info@pagosauu.org). We’re

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here to help!

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### **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).

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