



February 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 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,

February Steering Committee Meeting: The next Steering Committee is scheduled for **Tuesday, Feb. 25, 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

*You must cherish one another. You must work — we all must work —
to make this world worthy of its children.*

Pablo Casals, Catalan cellist, composer, and conductor. [Click here to listen to Casals](#)



De Anna and Jenny as Liberty

I begin this month thinking about the nearly 100 people marching in downtown Pagosa at the March for Equality in mid-January. Pagosa UU Fellowship members and friends participated, carried the UU banner, and helped to get the word out in the local paper. We also added *Action Sunday!* this past month as we gathered to

put together care bags and discussed how to practice living our shared values with love at the center. You can read more about the Shared Values of Unitarian Universalism [HERE](#).

Personally, I planted seeds in a small pot near my window, and they have sprouted! When I see my grandchildren online, I am reminded that my presence is to simply be there with them. In those short moments of connection, I am planting tiny seeds of hope . . . mostly for myself and to remind me that the ground I walk on is holy ground.

I share the following poem this month – my offering, as a prayer of gratitude for you, my fellow travelers. May the sustaining friendships and connections you make be seeds of hope for you.

wherever you are
by Maya Stein

*Wherever you are, be there. Take up space. Occupy the full dimension.
Unfold the map of your body. Celebrate its topographical wonder,
its unpredictable weather. Make a pool of your movements, then swim
through the ripples, parting the room with your footsteps. Make no apology
for the squeak of your soles, how your jacket swishes at your thighs, that the dust
is making you sneeze. Consider it all a kind of orchestra, you tuning the keys,
you lifting the horn of your whole self to the air. Let the notes of you blast out,
at a register and speed that won't leave you hungry or empty. Let anyone hear,
as they walk by with their shoulders up, pretending not to listen.
Wherever you are, remember why you are here: to sing.*

Special Event, Wednesday, February 12

America in Crisis: Navigating the Dark Road Ahead

Join us at the Fellowship from 4:30 PM to 6:30 PM (please arrive by 4:15 PM) for a virtual series of discussions on the Trump administration, Christian Nationalism,

and the fight ahead. It is sponsored by The New Republic, Americans United for Separation of Church and State, and the Rachel Carson Council.

The New Republic's Michael Tomasky, Timothy Noah, and Greg Sargent will serve as hosts of the event and will include influential political commentators, such as Jared Bernstein, Jamie Raskin, U.S Representative Bennie Thompson, Olivia Troye, and Mark Zaid, plus more, to explore what we can expect in the months ahead. The agenda includes a Keynote Address, The Dangers of Christian Nationalism and Project 2025, Retribution Trump 2.0 Style, The New Economy, and Bad Business: Corporate Complicity in the Climate Crises.

Light refreshments will be served.



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 Service and Programs

Sunday, February 2 10:30 AM

Meditation Practice 9 AM - 9:40 AM

On Zoom and In Person at the Fellowship Hall

Exploring the Nature of Prayer, Consciousness, and Quantum Physics

Julie Loar

Prayer is a universal human expression that exists in every human culture and is a practice found in religions across time. Prayer is a way to communicate with the sacred, divine, the transcendent realm, or the supernatural. In our time, quantum physics is revealing the interconnectedness of the Universe, what we may think of as “god,” and the nature of consciousness. Philosopher of science Ervin Laszlo has said, “We are beginning to see the entire universe as a holographically interlinked network of energy and information, organically whole and self-referential at all scales of its existence.” Julie will help us explore the question, *What might be the relationship between prayer, quantum physics, and consciousness?*

Julie Loar is a longtime resident of Pagosa Springs and is an award-winning author of eight books and dozens of articles. She has served the Fellowship on both the service planning team and the Steering Committee. Find more information about Julie at <http://www.JulieLoar.com>.

Sunday, February 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 on our hearts. Come make friends in this lightly facilitated group. Refreshments are offered.

Sunday, February 16 10:30 AM

Meditation Practice 9 AM - 9:40 AM

On Zoom and In Person at the Fellowship Hall

The End Is Never the End

Rev. Sean Neil-Barron (streamed sermon)

The radical nineteenth-century Unitarian minister and theologian Theodore Parker shared the following in a sermon in the 1850s: “I do not pretend to understand the moral universe; the arc is a long one, my eye reaches but little ways; I cannot calculate the curve and complete the figure by the experience of sight, I can divine it by conscience. And from what I see I am sure it bends towards justice.” We may be more familiar with Martin Luther King Jr’s reference in his speech from 1968, which used this quote as inspiration.

Rev Sean Neil-Barron, Associate Minister of Foothills Unitarian, will take us on a journey with his sermon from the series *No Matter What Happens*. Rev Sean states, “No matter what, there is a mess to clean up, all around you . . . just because hope seems to be gone does not mean hope is at an end. Join us for a

dive back into our partnership with Foothills Unitarian Church and this timely theme.

Action Sunday, February 23 10:30 AM

Meditation Practice 9 AM - 10:15 PM

In Person at the Fellowship Hall

Pagosa Outreach Connection

Jean Smith, the Fellowship's representative for Pagosa Outreach Connection (POC), will share about the work of POC as we create a path to building community while putting our values into action. We will also have letter writing resources to let our voices be heard.



***Left to right: Pauline, Kay, Kristen, Rosa, and Martine
at the January Action Sunday***

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

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.
