



June 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.

June Steering Committee Meeting: The next Steering Committee is scheduled for **Wednesday, June 18, at 3 PM** at the Fellowship. All are welcome and encouraged to attend. The meeting is usually held on the 3rd Wednesday of the month (note new day) 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 2024-25 members are Michael Demchak, Dave Pettus, Joan Ward, Pauline Benetti, Kay Kaylor, and Pat Devin.

Peaceful Leanings

De Anna Hoyle, Community Engagement Coordinator

You may be aware that many congregations run on a calendar similar to a school year. The Fellowship's fiscal year runs from July through June, thus making this the typical time for yearend reports and annual meetings. As I plan to travel and not be present for the Fellowship meeting, June 15, I will highlight some of the programs from the past year.

A Bit of History: In March of 2024, I began a conversation with members of the

Steering Committee and Sunday Service Planning Team. We came to an agreement around several objectives that I, as Community Engagement Coordinator, would tend to, as follows:

- Increased participation in and attendance at services and other gatherings offered by PUUF
- Spiritual needs of the Fellowship through relevant services and small group activities will be better addressed
- Professional ministry to supplement lay-led services will be secured
- Theme-based ministry in planning the services and programming, such as small group ministry, small group spiritual direction sessions, affinity groups, etc., to provide continuity and consistency to UU services

The focus of my ministry to the Fellowship has been to *Make Friends, Grow Spirit, Do Good*, a motto we have embraced through the following:

- Hosted two professional ministers last summer
 - Began a collaboration with Foothills Unitarian (Fort Collins) with the series *What Our World Needs Now: Universalism in a Polarized Age*
 - Began a small-group ministry we call Going Deeper Sharing Circle
 - Held a Winter Solstice Ritual with 25 people in attendance
 - Went to four Sundays of programming each month, continuing the Going Deeper Circle and adding Action Sunday!
 - Hosted guest speakers from the community, while drawing from our members and friends to provide service content and music – both video and live – Thank You, Dave and Susan! (and guest musicians)
 - Continued having a Zoom presence – Thank You, Kay!
 - Started Share the Plate, giving to organizations in our community
 - Had weekly (almost) articles in the *Pagosa Sun* and the online *Pagosa Daily Post*
 - Strengthened our interfaith relationships within the community
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- Started the process to re-certify as a Welcoming Congregation
- Sponsoring, as part of an interfaith partnership, host of Pagosa Pride in June 2025
- Reviewed and updated the Pagosa UU Fellowship website – Thank you, Barbara!

As we lean into a new Fellowship year beginning in July, my heart is full knowing this small community of fellow seekers. I am inspired by those I am working closely with and blessed by the growing relationships with new friends.

Let us be a beacon of love and light 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, June 1 10:30 AM

Meditation Practice 9 AM - 9:40 AM

On Zoom and In Person at the Fellowship Hall

Living into Human and Planetary Possibilities through

Relationship and Community

Heidi Steltzer, PhD

Join us as Heidi Steltzer, an Earth scientist who took a leap of faith into theological studies at the Iliff School of Theology in Fall 2023, shares her understanding of the exploration of what we can know about the Earth and ourselves through relationship and what becomes possible when we do.



"I often wonder about the impossible being possible," Heidi says. "About loving all that differentiates person from person from person. And what becomes possible when difference is an asset rather than a problem to be solved or feared. We are a relational species. And through relationship, we can live into wholeness, wildness, and possibility."

Heidi earned her Bachelor of Science in biology at Duke University. Her doctorate is in ecosystem ecology from the University of Colorado at Boulder. And soon she will complete her master's in theological studies at the Iliff School of Theology.

Sunday, June 8 10:30 AM

Meditation Practice 9 AM - 10:15 AM

In Person at the Fellowship Hall

Going Deeper Sharing Circle

Facilitated by Bonni DeMarco

We come together in this setting to share with one another and practice deep listening in a small group. 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, June 15 10:30 AM

Meditation Practice 9 AM - 9:40 AM

On Zoom and In Person at the Fellowship Hall

Pilgrimage: A Journey to a Sacred Place for a Holy Reason

Julie Loar

People from every culture have taken spiritual pilgrimages for thousands of years, journeying to sacred sites to experience rapture, guidance, or meaning and purpose. Julie believes that pilgrims seek the heart of the sacred, longing to touch transcendence, to feel the heat of cosmic fire, or glimpse the cloak of mystery. What is the difference between a sacred journey and vacation?

Julie will explore how we might travel more consciously and deeply, returning with widened horizons and a more open heart. She is the highly awarded author of eight books and more than a hundred articles. She also has served on the board of the Fellowship. We welcome Julie back in our midst, knowing her ability to engage and inspire us!

NOTE: The **Annual Meeting** for members will follow the service. The annual budget, pledge forms, and election information will be sent to members and friends in a separate email.

Action Sunday! June 22 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. As summer officially begins, we will share and celebrate the Pagosa Pride event held Saturday, June 21! See below for more information.

Sunday, June 29 No Service

A Sunday of Unplugging

You are invited to check out one of the online services of the Unitarian Universalist congregations mentioned below or find a way to tap into the rest you so deeply deserve.

Zoom Instructions

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

Meeting ID: 899 194 1305

Dial by your location

+1 346-248-7799 US (Houston)

Pagosa Pride

Saturday, June 21 11 AM - 3 PM

The mission of Pagosa Pride is to celebrate the LGBTQ+ community, to advocate for equity and social justice, and to provide space for people for all colors, gender identities, and sexual orientations to feel safe, welcome, and loved!



If you would like to help with planning, please contact the Pagosa Pride Planning Team for the next date at the above email address. Meetings are held some Thursdays at 4:30 PM at the Fellowship.

In addition to the Fellowship, interfaith support for the event includes the Pagosa

Springs Community United Methodist Church and St. Patrick's Episcopal Church, also of Pagosa Springs. The event this year will include an Indigenous land acknowledgement, jams by DJ Wise Man, an inspirational keynote speech by homegrown local Kat Martinez, drag trivia, community art, food trucks, kids' corner, face painting, hair tinsel, photo booth, nonprofit resources, craft vendors, and more. Thoughtful moments will be interspersed with lots of just plain fun.

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/>

Foothills Unitarian – Sundays

9 AM, Interactive on Zoom; 11 AM, Livestream

The Fellowship has partnered with Foothills Unitarian in Fort Collins, which welcomes online participation with this link:

<https://foothillsuu.org/watch/>

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.
