



July 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 are moving to Sunday evenings; please see below. 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.

July Steering Committee Meeting: The next Steering Committee is scheduled for **Thursday, July 17, at 3 PM** at the Fellowship. All are welcome and encouraged to attend. The meeting is usually held on the 3rd Thursday 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 2025-26 members are Michael Demchak, Joan Ward, Pauline Benetti, Kay Kaylor, Pat Devin, and Martine Colombey.

Peaceful Leanings

De Anna Hoyle, Community Engagement Coordinator

For One Who is Exhausted, a Blessing (excerpt)

*. . . You have traveled too fast over false ground;
Now your soul has come to take you back.
Take refuge in your senses, open up
To all the small miracles you rushed through . . .*

.

These lines by the Irish poet John O' Donohue speak so fully to what has opened up for me of late. The longer days of summer sing of warmth and growing, glowing things. And, we live in the watery realm of emotions and tenderness for our fellows across the sea.

I spent time with colleagues, new friends, and family in June, and I feel enriched by the experience, not to mention the exuberance of Pagosa Pride and the gathered community rising in celebration and solidarity with the LGBTGIA+ community.

There is much to celebrate – the small miracles, and there is grief and mourning. *For all that is our life*, may you know peace – the peace that passes all understanding, shown in our beloved community.

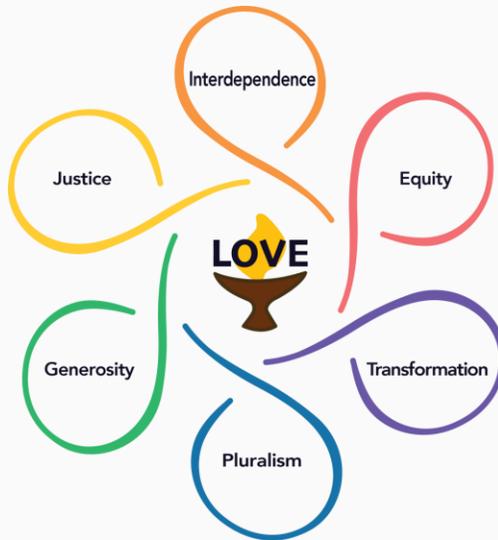
With love at the center, De Anna

For the full poem by John O' Donohue, click here – <http://onbeing.org/blog/john-odonohue-for-one-who-is-exhausted-a-blessing/>

In Gratitude

Many thanks to Heidi Steltzer and Julie Loar for their wonderful, informative June presentations. For more details, both have websites: heidisteltzer.com, and julieloar.com, which has a message about Julie's 2026 Egyptian trip.

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. Archuleta Seniors, Inc., will receive the Share the Plate collection for the July through September quarter. Your generosity in time and treasure will contribute to our success. Thank You!



SUNDAY SERVICES AND PROGRAMS

Sunday, July 6 11 AM

Meditation Practice 7 PM

Fellowship Picnic at the Home of Barbara Asprey and Dave Pettus

Grab a folding chair and other items (hat, sunblock, etc.) that will provide comfort for being outside, and come enjoy the festive atmosphere for this annual event. The Fellowship will provide a main dish and dessert, so please bring a side dish to share.

Directions to 1375 County Road 326, Pagosa Springs: Take highway 84 south out of east Pagosa, about 8 miles to CR 326, which has an Exit Realty sign and is the Blanco Basin Road, and turn left, going east. It's just past mile marker 20. Go 1.3 miles exactly, and watch closely for the turnoff down and to the right. Go through a gate, over a bridge, up a hill, and curve left. Dave and Barb are the first driveway on the left (there's only two houses on this road). If you get lost, call Barb: 303-246-3115.

Sunday, July 13 10:30 AM

Meditation Practice 7 PM

In Person at the Fellowship Hall

Going Deeper Sharing Circle

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, July 20 10:30 AM

Meditation Practice 7 PM

On Zoom and In Person at the Fellowship Hall

Turning Inward to Expand Our Welcome

Anna Royer

Creating the beloved community is work that is both individual and collective, and both inward and outward facing. Let's build on the public, celebratory work of Pride Month by turning inward to question our own assumptions, stereotypes, and implicit bias. We will ponder the question "How do we do the internal work necessary to create welcoming spaces for people who hold transgender, non-binary, and gender expansive identities?"

As a cisgender woman striving to be an ally, Anna will share personal stories of learning about diverse gender identities, ways we can educate ourselves and hold ourselves accountable to creating a welcoming community, and connections between this work and our UU values.

Anna Royer speaks not as an expert, but as a fellow spiritual traveler committed to social justice and the inherent worth and dignity of every person. She has lived in Southwest Colorado for 20 years, supporting youth as a professional social worker and as a volunteer in school, nonprofit, and UU congregational settings. This role includes the recurring privilege of listening to youth share their authentic selves, and she honors them as her primary teachers in learning about diverse gender identities. We welcome Anna back in our midst as a previous friend and attendee of Pagosa UU.

Action Sunday! July 27 10:30 AM

Meditation Practice 7 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)

Pagosa Pride

In organizing for the Pride event, the committee began a relationship with Eric Dominguez of Recovery Queers in Farmington. For more information, he may be found at this email address, [www.facebook.com/EnEricque](mailto:recoveryqueersinfo@gmail.com), and on Facebook: recoveryqueersinfo@gmail.com. Thank you to De Anna for taking three of these photos.



v

De Anna, Pat, and Kay



Lizz and Joan



Barbara and Pat at the entrance area

The Four Corners UU Retreat at Pine Song July 11-13

It's that time of year again to join with congregations from the area at Pine Song in Vallecito. All are welcome to attend this event organized by the UU Fellowship of Durango. Use this link to find all the details: <https://durangouu.org/events/pine-song-retreat-2025/>

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

NOTE: No Qigong classes will be held in July while Jeanette learns new movements to share.

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

July 6, 13, 20, 27

Please email pagosauuf@gmail.com to be added to the instructor's email list for notifications about any changes.

Dan Dempster

NOTE: The following is from Dan Dempster, Dharma Group Practice Teacher.

Dharma group practice is moving to 7 PM Sunday evenings, starting Sunday, July 6. All are welcome. Practices will alternate weekly between a shorter, 45-minute, meditation practice and a longer, 90-minute, meditation practice and Dharma talk. Just bring a kind heart and an open mind. We can even help you find those!

Can't attend in person? Join us on Zoom. Please email PUUF for joining instructions and to be added to our Dharma group email. Stay in touch, and look out for announcements about our upcoming summer river, mountain, and forest outdoor meditation group practices.

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 for more than 18 years a student of Lama 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.
