



August 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 on the 2nd Sunday. 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.

August Steering Committee Meeting: The next Steering Committee is scheduled for **Thursday, Aug. 21**, 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 and officers are Michael Demchak, president; Joan Ward, vice president; Pauline Benetti, secretary; Kay Kaylor, treasurer; and Pat Devin and Martine Colombey, at large.

Peaceful Leanings

De Anna Hoyle, Community Engagement Coordinator

I will share a short story with you. I love retelling this because it comes with wisdom from an unlikely place.

In preparation to meet with family in New Jersey this past June, whenever we spoke with our two-year-old

grandchild, Ryann Rose, we would explain that next time we see her we will all be in New Jersey.

As we sat around the breakfast table the morning after they arrived, I asked,

“Ryann Rose, where are you now?” She aptly replied, “I’m right here.”

And so it is, "out of the mouths of babes" that we are touched with the most honest and highly informative truths. We don't question the validity of these simple answers, because we know it is at the heart of all that matters in this world. We are all right here, right now. And the invitation is to simply sit with that truth, and as Mary Oliver encourages us ask, ". . . Tell me, what is it you plan to do with your one wild and precious life?"

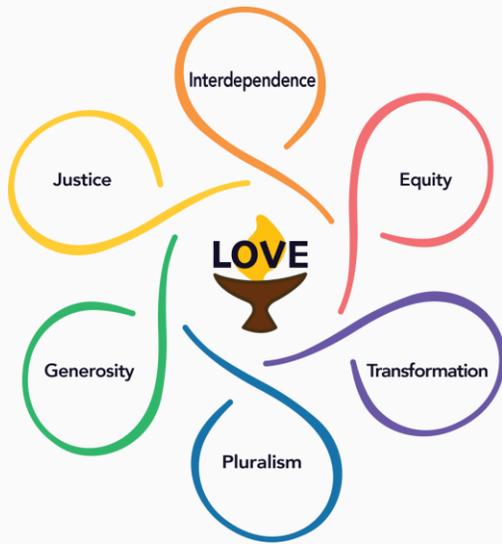
(For the entire poem, see [https://www.loc.gov/programs/poetry-and-literature/poet-laureate/poet-laureate-projects/poetry-180/all-poems/item/poetry-180-133/the-summer-day/.](https://www.loc.gov/programs/poetry-and-literature/poet-laureate/poet-laureate-projects/poetry-180/all-poems/item/poetry-180-133/the-summer-day/))

Blessing of peace along your journey of being here now, De Anna

In Gratitude

We are thankful for our visit with and heartfelt information from presenter Anna Royer of Durango and for the hospitality of Dave Pettus and Barb Asprey at this year's annual picnic under the sacred tree.

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*, we continue to support local organizations, such as our annual donation to the Pagosa Community Initiative and our help with the 2025 Pride event.



Sunday, August 3 10:30 AM

Meditation Practice 7 PM

On Zoom and in Person at the Fellowship Hall

Hope Is an Unfinished Story

Streamed Sermon by the Rev. Sean Neil-Barron, Assoc. Min. at

Foothills Unitarian, Fort Collins

Service Leader: De Anna Hoyle

Rev, Sean explores the spiritual practice of hope making—where faith isn't belief or proof, but the stubborn insistence that we belong to each other, and we're not letting go. In this sermon, originally shared at the 2025 UU Association General Assembly, the Rev. Neil-Barron brings pieces of that message home. Because we need to remember how to make hope follow us when the way forward disappears under our feet, he addresses the question, "How do we trust that what emerges through raw, real relationship will transform us through trust, rupture, and repair into something the world desperately needs?"

Sunday, August 10 10:30 AM

Meditation Practice 7 PM

In Person at the Fellowship Hall

Going Deeper Sharing Circle

This facilitated, small-group setting is where we invite sharing and deep listening practice. We explore themes of recent topics and leave space for reflection and for

whatever else is on our hearts. Come make friends and practice the art of listening with others. Light refreshments are offered.

Sunday, August 17 10:30 AM

Meditation Practice 7 PM

On Zoom and In Person at the Fellowship Hall

Love at the Center

Mary Ocken, Lay Leader of UU Fellowship of Durango

Service Leader: Joan Ward

Love is at the center of our Unitarian Universalist values. Love is also central to many of the spiritual traditions. We will explore love as a key spiritual value and how it is fundamental to who we are as human beings.

Sunday, August 24

No Programming

Practice acts of kindness!

Sunday, August 31

A time for Rest and Renewal

Ask yourself, "How does it feel when gratitude and hope reawaken the heart to what's around you?"

Zoom Instructions

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

Meeting ID: 899 194 1305

Dial by your location

+1 346-248-7799 US (Houston)

A Look Ahead: UU Water Communion, September 7, 2025

You may be familiar with the Water Communion Ritual, a UU tradition for many congregations - often called "Ingathering." It is at the time of the liturgical year when all are welcome back to the community after the travels of summer.

For the service on September 7, each of you are invited to bring a small amount of water from places or activities you enjoyed during the summer. This can be actual water you collected at some magical place or symbolic (like from your own water hose or nearby stream).

We will then hold a short ritual to bless this water and offer you some to take with you as a symbol of shared community. We will also hear a wisdom story from Libby Krause – a special treat for sure!

July Fun



**Some of the picnic attendees listen in on the after-picnic music:
Pauline, Barb, Dave, Susan, Michael, and Tara**



**PUUF attendees along the Los Pinos River at Pine Song:
Bonni, Martine, Pat, De Anna, Joe, and Kay**

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, 7 PM

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

Dan Dempster

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.
