



September 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.

September Steering Committee Meeting: The next Steering Committee is scheduled for **Thursday, Sept. 18, at 2:30 PM** at the Fellowship (note time change). 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

If you're like me, you may not be ready for the days to shorten. This time of year is a favorite of many as the weather cools and colors of nature shift. The upcoming Autumn Equinox brings us to the midpoint between the Summer and Winter Solstices. As we ease into this time, we are also shifting internally. I invite you to pause this month, notice what you are harvesting within. What gems of the summer

will you take into the new season? What might you leave behind?



Imagine the bee harvesting the final bits of summer blooms.

Here at the Pagosa UU Fellowship, we are making plans to shore up our reserves with a new focus for our Going Deeper Sharing Circle, held on the second Sunday of

each month. See the calendar below for more information about new resources from the former public radio program and now podcast titled *On Being*, which we will incorporate into the circle.

This intimate space will continue to hold us in beloved community as we explore hope as a muscle to work and grow stronger. All are invited, and I encourage you to share this with others who may be interested. This program focus will be ongoing for 7 sessions, but you may drop in anytime. You do not have to commit, and isn't it good to know that you are welcome for one session or all of it?

Consider inviting friends or family to any of the Sunday services this month as we look toward the new season with renewed hope.

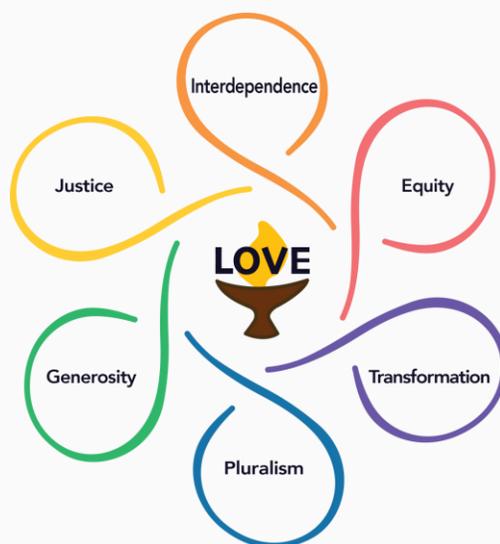
May you be open to guidance from the seasonal shift and to love that shows up in surprising ways!

Peace, De Anna

In Gratitude

We appreciate access to the sermons from Foothills Unitarian, and we are thankful Mary Ocken came from Durango to share her thoughts about love and the UU shared values.

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, our contributions to the Drug Testing program, and our help with the 2025 Pride event.



SUNDAY SERVICES AND PROGRAMS

Sunday, September 7 10:30 AM

Meditation Practice 7 PM

On Zoom and in Person at the Fellowship Hall

Water Communion Ritual and Storytelling

What the River Says, A Medicine Story, Told by Libby Krause

Along with the wisdom story, we will honor the precious element of water with a short ritual. All 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 – such as from your kitchen sink. This uniquely Unitarian Universalist tradition was born 45 years ago from UU women who grew tired of being told how to worship and decided to create their own ceremony. Just as rivers flow creating their own path, we can imagine water as a metaphor for our own path making. We will mingle our waters as a symbol of our shared community.

Our presenter of the story message, Libby Krause, offers storytelling with an artist's perspective. Pagosa Springs held her heart as a young adult when first visiting, and she now resides here with her spouse in a place of her heart.

Sunday, September 14 10:30 AM

Meditation Practice 7 PM

In Person at the Fellowship Hall

Going Deeper Sharing Circle

This facilitated circle in a small-group setting is where we invite sharing and deep listening practice. We will introduce ideas from the popular program *On Being* to explore themes of hope. For the next few months, we will explore resource material and journaling activities to deepen with ourselves and with one another. We allow 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, September 21 10:30 AM

(Soup and Bread Lunch After the Service)

Meditation Practice 7 PM

On Zoom and In Person at the Fellowship Hall

Seasonal Harvest Gathering

Stone Soup and the Meaning of Mabon

Michael Demchack and De Anna Hoyle

Mabon, considered the Pagan holiday of the second harvest, is a time of reflection with a focus on gratitude. We honor and celebrate the turning of the wheel at the time of the Autumnal Equinox and celebrate our community.

Through a ritual telling of the old tale, *Stone Soup*, and in the spirit of sharing the bounty of the season, we will create a soup to share after the service.

Here are a few items to note:

- This is a community endeavor, and we ask you to bring an item to share for the making of soup. We will then enjoy it together.
- To keep our waste to a minimum, we ask each attendee to bring their own bowl or cup and utensils for eating.
- In order for our veggie soup to be ready to eat, we ask each person to bring about 2 cups of one or two cut and cooked vegetables.
- Some ideas: carrots, zucchini, squash, sweet potato, red pepper, corn, spinach, leafy greens – bagged frozen/thawed veggies are perfectly acceptable for this soup.
- To complement our soup, feel free to bring a loaf of bread or gluten-free bread/crackers/tortillas (the choice is yours).

If you are a gardener and want to share your season's bounty, we welcome any other items that you offer!

Sunday, September 28

A Time for Rest and Renewal

Hope is the deepest orientation of the human soul that can be held at the darkest times. – Vaclav Havel

Reflection: How does imagination hold hope for you? What small, hopeful imagining can you engage in today?

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: Coming in October for Action Sundays!

Beginning Oct. 26, the fourth Sunday, we will focus on the UUA Common Read – *Social Change Now: A Guide for Reflection and Connection*, by Deepa Iyer. Join us as we delve into a book group with meaning on the fourth Sunday of each month.

“To engage in social change at this moment in time requires consistent attention, deep reflection, and committed collective action. *Social Change Now* is a powerful roadmap for individuals and organizations who are ready to deepen their commitment to social justice from racial justice advocate Deepa Iyer.”

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: Some of the classes this month will occur on Tuesdays, such as Sept. 2. Please contact Jeannette at the email below for more information.

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

Note: No practice will occur Aug. 31.

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 consist of a 90-minute meditation and Dharma talk. The Sept. 7 practice will focus on the Heart Sutra and the Diamond Sutra. 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.

Figure Drawing as Moving Mindfulness Tuesdays 7 PM to 8:30 PM

Dan Dempster of Dempster Fine Art is offering figure drawing classes at the Fellowship Hall for \$30 per session or \$150 for a 6-week block. Learn to draw figures and movement with a professional model, and beginner to advanced drawing levels are welcome. To register and for the required materials, contact Dan either by text at (970) 585-9003 or email at dandmpstr@gmail.com.

A graduate of the University of Waterloo and Sheridan College, Dan has shown in New York, Boston and LA, eight Bermuda National Gallery Biennials, the Biennale Museo de Arte Moderno, St. Domingo, and at the Art Directors' Gallery in North Hollywood.

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.
