



## **October 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.

**October Steering Committee Meeting:** The next Steering Committee is scheduled for **Thursday, October 16, at 2:30 PM** at the Fellowship Hall. All are welcome and encouraged to attend. The meeting is usually held on the 3rd Thursday 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](mailto: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*

*While the news often features the worst of humanity, there are a billion acts of human kindness every hour of every day! Take another breath and sense this truth. – Jack Kornfield*

I appreciate this quote from Jack Kornfield, as it came at a time when I really needed to hear it. Perhaps you are reading this just as you, too, need to hear it most.

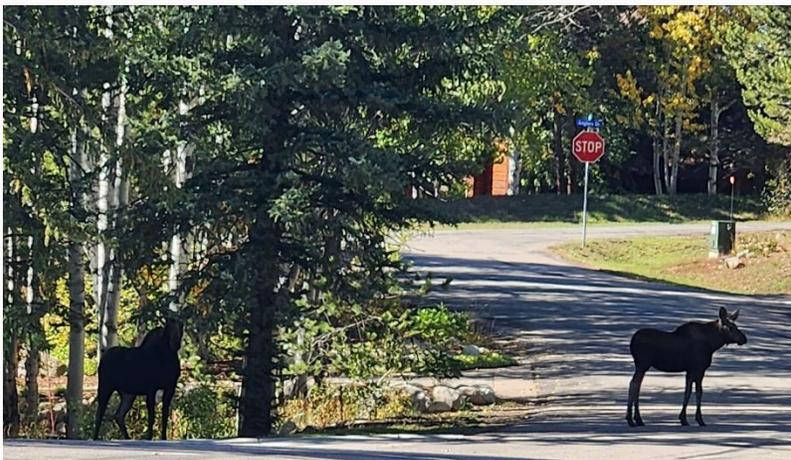
I recently read a definition of the word *lament* – "a prayer whose intent is witness." We are here for one another, to bear witness, and that is why we light candles of joy and sorrow at our Sunday services. I invite you to explore this simple resource from Foothills Unitarian.

[Book of Lament](#)

It may be just the thing that will help you through these days of heartache, struggle, or pain; then join us at services to light a candle.

May you be held in the warmth of this community.

Peace, De Anna

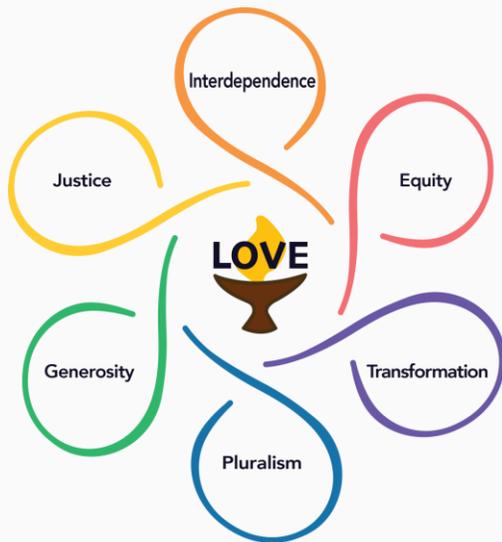


*A moose mother and calf in Steamboat Springs Sept. 24, courtesy of Kay's sister, with a bit of fall color*

### **In Gratitude**

The Water Communion ritual was inspiring, with the help of De Anna, and we are grateful Libby Krause shared "What the River Says" with all who attended Sept. 7. Service leaders Michael and De Anna gave new meaning on Sept. 21 to the Stone Soup story and the Mabon holiday, and we are thankful they contributed to this service, enhanced by dining on delicious soup and bread at a long table in the Fellowship Hall.

## 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](mailto: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, October 5 10:30 AM**

**Meditation Practice 7 PM**

## **On Zoom and in Person at the Fellowship Hall**

### ***BeWildermment***

#### **Streamed Sermon with the Rev. Gretchen Haley, Senior Minister**

#### **Foothills Unitarian, Fort Collins**

As part of a series from Foothills Unitarian in Fort Collins titled *Broken/Open*, we will be watching the first sermon, "BeWildermment," given by the Rev. Gretchen Haley on Sept. 14. "Feeling entirely lost? Confused? Sometimes, right when the map fails, the real path begins, where the possibility that being lost can be the place where we are ultimately found." Join us for this service and a discussion.

Here is more about the series *Broken/Open* from Foothills: "Life has a way of undoing us. Our hearts break, our worldviews shatter. . . . This breaking — showing up as grief, failure, mistakes, shame — and leading us to feeling lost and in despair — religion has too often told us that this breaking means that there is something irreparably wrong with us, and with life itself. But what if the opposite is true? What if being broken is the very thing that could connect us to wholeness, and open us to love, belonging, and awe?"

Rev. Gretchen Haley oversees worship, community resourcing and outreach, and the intersectional work of the Foothills Unitarian justice teams. She also serves as chief of staff and ministry lead to the board. We are grateful for the partnership we have with Foothills.

**Sunday, October 12 10:30 AM**

**Meditation Practice 7 PM**

#### **In Person at the Fellowship Hall**

### ***Going Deeper Sharing Circle***

This lightly facilitated circle in a small-group setting is where we invite sharing and deep listening practice. We will continue to explore themes of hope as offered from

the *On Being* podcast. The second in the series highlights the work of adrienne maree brown, author and visionary organizer. In this circle 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, October 19 10:30 AM**

**Meditation Practice 7 PM**

**On Zoom and in Person at the Fellowship Hall**

***Feng Shui's Spiritual Principles and The Tao***

**Elaine Harding**

The *Tao Te Ching*, attributed to Lao Tzu, is a deeply spiritual text that birthed the originating principles of Feng Shui. As an ancient art of energy alignment within spaces and places, including in yourself, Feng Shui embodies a set of principles that allow you to flow with life by maintaining harmony with the five elements. Come hear this enlightening talk. Elaine and her partner Sam Johnson facilitate the Wise and Wakeful Circle (see below).

Elaine Harding is certified in 'Black Sect Tantric Buddhist' Feng Shui through the Mindful Design Feng Shui School. She is also a "mysfit" mystic, whose winding path has taken her across continents learning from many beautiful spiritual teachers, including her root teacher of Dzogchen, Namkhai Norbu.

**New Action Sunday! October 26 10:30 AM**

**Meditation Practice 7 PM**

**In Person at the Fellowship Hall**

***Social Change Now: A Guide for Reflection and Connection***

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## **By Deepa Iyer**

Join us as we delve into a book group with meaning on the fourth Sundays.

Here's a bit about the book: "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."

For more information about the Common Read book, [click here](#). To order the book, [click here](#), or find it at your favorite book dealer. This book is also available on Kindle (\$17).

Scholarships to cover book cost are available; simply email [info@pagosauu.org](mailto:info@pagosauu.org).

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## **Zoom Instructions**

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

Meeting ID: 899 194 1305

Dial by your location

+1 346-248-7799 US (Houston)

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## **Social Justice Opportunities**

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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](mailto:lavender.moon.peace@gmail.com). This class is offered on a donation basis.

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## **Love, Compassion, Joy, and Equanimity**

### **Meditation Sundays, 7 PM**

*Please email [pagosauuf@gmail.com](mailto: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.

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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](mailto: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.

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### **Wise and Wakeful Circle**

**Second and Fourth Saturdays, 10 AM**

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## **Elaine Harding and Sam Johnson**

In the Wise and Wakeful Circle, we connect heart to heart in a one-hour gathering for meditation, inspiration through a spiritual reading and discussion, and healing affirmations to support our healing, awakening, and manifesting a compassionate life and world. Led by Elaine Harding and Sam Johnson, the group is open to all individuals who align with the values of respect, peace, and authentic connection. If you have any questions, please contact Elaine at [elaine@elainekharding.com](mailto:elaine@elainekharding.com).

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## **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>

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## **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/>

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## **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/>

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### **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.

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### **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](mailto:info@pagosauu.org). We’re here to help!

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## **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](mailto:info@pagosauu.org).

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