



November 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 and 4th Sundays. Weekly meditations are held Sunday evenings; please see below. An interactive Zoom option is available for those wishing to participate remotely in the services (see link below). Continue reading for details. A monthly calendar will be posted on the window outside the Fellowship.

November Steering Committee Meeting: The next Steering Committee is scheduled for **Thursday, November 20, 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 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

*Part of our collective story is how to meaningfully hold grief and hope,
acknowledging what cannot be changed and still envisioning all that can.*

– Carrie Newcomer

"Prairie mystic" is a name applied to Newcomer, a singer, songwriter, author, and educator. Her poetry and lyrics have been a balm for my soul in times when my own

words are inadequate for what I am feeling. As a Quaker, her expression of faith comes from silence and into her words and music.

I wonder, where does your expression of faith come from? How do you experience, or embody, your sense of grace in the world?

In this month where tradition holds us with a focus on gratitude, ponder where gratitude shows up for you. In your gatherings with family or friends, expand the question from "What are you grateful for?" to "How does being grateful urge you to live your values in the world?"

This from Grateful.org:

"Drs. David DeSteno and Shanyu Kates at Northeastern University have shown that gratitude as an emotional state increases concern and care for the collective good over the individual. They found that people who experienced gratitude as an emotional state, not just a one-off or momentary experience, were more focused on the collective good than those who were either emotionally neutral and even emotionally happy. It was those who felt a generalized feeling of gratitude that were most concerned with not taking too much but leaving plenty for others. In other words, when we become grateful as a way of being, when we remember that it's pretty extraordinary simply to be alive, we are better to one another."

Gratefully Yours, Peace, De Anna

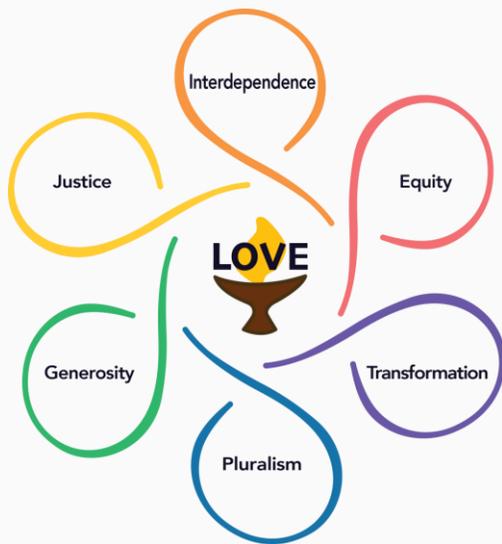
In Gratitude

Thank you to Foothills Unitarian for providing streaming services, and Elaine Harding's service on Feng Shui and the Tao was fascinating and inspiring. We hope to hear from her again. We are also grateful for maree brown's *On Being* podcasts.



Fall in Durango (photo by Kay Kaylor)

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, our help with the 2025 Pride event, and offering the Fellowship Hall for sponsored activities.



SUNDAY SERVICES AND PROGRAMS

Editor's Note: Please look below the Zoom Instructions for more Fellowship activities in November.

Sunday, November 2 10:30 AM

Meditation Practice 7 PM

On Zoom and in Person at the Fellowship Hall

Remembrance

Service Leaders Michael Demchak, Pauline Benetti, and De Anna Hoyle

We take time to honor the cultural meanings of this liminal season and share our memories of loved ones who have passed.

Samhain, the ancient Pagan festival of summer's end, marks the midpoint between the Fall Equinox and Winter Solstice. Along with the honoring of ancestors of All Souls and All Saints Day in the Christian calendar, and the familiar elements from the Hispanic culture, Dia de los Muertos, we gather to honor and share with one another.

You are invited to bring photos or mementos of loved ones who have died or for those you want to honor on the altar we will create.

Sunday, November 9 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. This week, through a recorded conversation with poet [Naomi Shihab Nye](#), "we investigate some orientations and ways of being that are companions to hope. If hope is a muscle that can be exercised to become stronger and more supple, these qualities might be thought of as fascia, or the tendons — complementary ligaments that make the whole viable and sustainable." 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, November 16 10:30 AM

Meditation Practice 7 PM

On Zoom and in Person at the Fellowship Hall

Gratitude and Breaking Bread

Julie Loar, Speaker

UU-Style Communion, Service Leader De Anna Hoyle

Julie Loar is the multiple-award-winning author of eight books and dozens of articles. She has previously served on the board of the Fellowship and many community organizations.

"Breaking bread" is a phrase and tradition with deep roots. The act symbolizes unity, hospitality, and shared connection, often used to foster bonds among people. The act of physically breaking bread together is a powerful gesture of sharing, whether for a casual meal or a significant celebration. The phrase and practice originate from ancient times, when people would literally break a loaf of bread apart to share it, often as a sign of hospitality, covenant, or trust. At the time of year when we set aside a day for conscious giving of thanks, it seems a powerful reminder to share this ancient ritual in a mindful way. Join Julie to explore the topic and experience this ancient practice.

All are invited to bring a familial, traditional, or a favorite/necessary dietary offering of bread for our bread communion. This ritual is shared in many Unitarian Universalist congregations. (Hint: De Anna will bring a pan of cornbread as her Southern roots shine.)

Action Sunday! November 23 10:30 AM

Meditation Practice 7 PM

In Person at the Fellowship Hall

Join in on the UUA Common Read Book Group

Social Change Now: A Guide for Reflection and Connection

By Deepa Iyer

This book discussion occurs on the fourth Sunday of the month. 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.

November 30 Rest (No Sunday Service)

Wisdom from the Nap Ministry's Rest Cards, by Tricia Hersey: "Rest is my foundation to build, invent, restore, and imagine that world I want to see."

Zoom Instructions

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

Meeting ID: 899 194 1305

Dial by your location

+1 346-248-7799 US (Houston)

Dances of Universal Peace
Sunday, November 9, 2-4 PM

Join fellow dancers at the Fellowship Hall. Dances of Universal Peace are meditative, joyous, group circle dances that blend sacred phrases, music, and simple movements from diverse spiritual traditions to foster unity, compassion, and inner and outer peace. The dances require no prior dance or musical experience and offer a direct embodied experience of heartfelt connection to yourself and others.

The dance leader will be Wahhab David Sheets, Senior Teacher, Minister, and Retreat Guide in the Inayati Sufi Order, who has led these spiritual dances since the mid-1970s and brings a warm heart and joyous presence to welcome all in an inclusive atmosphere of love, harmony, and beauty.

A voluntary love offering will benefit the Pagosa Fellowship, which is the sponsor. For more information, write David at wahhab@aol.com. Here is a link to the flyer, and feel free to share: [Dances flyer](#)

Trans Day of Remembrance
Thursday, November 20, 6 PM

As interfaith partners and sponsors of Pagosa Pride, we will honor this Trans Day of Remembrance with a time of learning, sharing, and a candlelight vigil. Join us at the Fellowship Hall to view a short video – *Trans 101*, offered by Transforming Hearts Collective, whose goal is to "support spaces for LGBTQ people to access resilience, healing, and spirituality, and resource faith communities and other groups for the work of radical inclusion and culture shift."

We are honored to offer this space to all – come to educate yourself, bring a friend to share in community, and stand with us as we honor radical inclusion, bringing a cultural shift within ourselves and in the world!

Thanksgiving: Giving Thanks Together
Thursday, November 27, 1 PM

You are invited to come to the Fellowship Hall on Thanksgiving Day to share a meal. PUUF will provide the turkey, desserts, wine, and other beverages. Please bring an appetizer or a side dish of your choice. To help us in planning, we ask that you RSVP by November 20, with your dish, to pagosauuf@gmail.com; include your phone number in case we make any last moment changes.. Please be sure to tell us the number of people in your party. You are welcome at our table, even if you don't RSVP.

Social Justice Opportunities

Interfaith Declaration by People of Faith in Support of the Lives and Rights of Immigrants

The Pagosa Fellowship Steering Committee signed this declaration as a sponsoring organization and is listed on the linked page. If you want to sign on to indicate your support for immigrant rights, you can go to www.interfaithimmigrationnetwork.org/give-1 (the Interfaith Immigration Network of Colorado's website) and read and sign your name. The Declaration was read Oct. 16 at a rally at the Capitol in Denver.

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 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 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.

Wise and Wakeful Circle

Second and Fourth Saturdays, 10 AM

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.

Care Kits for the Unhoused

Friend of the Fellowship, Kristen Roth, has taken the initiative to assemble care kits for our unhoused 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.

Unitarian Universalist Multiracial Action Council (UUMUAC) – Third Wednesday

The primary goal of UUMUAC is Multiracial Unity, described by Martin Luther King Jr. as the “Beloved Community.” Reaching this goal requires unification of the progressive peoples of the world in the struggle against inequality and injustice. For more information, see uumuac.org. Their services are on YouTube with this link: https://www.youtube.com/channel/UCI_LLePt59InvDs47ylqVSw

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.
