



January 2026

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 early evenings on Sundays; 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.

January Steering Committee Meeting: The next Steering Committee is scheduled for **Thursday, January 15, 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, Community Engagement Coordinator



Face the Sun

Turn to face the sun
Faces that reveal the
truth
Broken and hopeful

Image and Haiku by De Anna

As we turn toward the new year, we give thanks for our community and for the freedom to 'worship' in a faith that holds all life sacred. Holding love at the center, we recommit ourselves to honoring individual paths while building beloved community. Let us practice the art of rest as we face each day with courage, an active hope, and open hearts in our hurting world.

In a thoughtful and celebratory fashion, the Fellowship gathered for honoring the Winter Solstice. We are grateful for the wonderful soups and treats shared by Joan, Martine, Pauline, Nita, and Bonni.

A big thank you to Tara for bringing a spirited song and movement to the circle and to Dave for musical accompanying.

Rest for the journey.

Peace, De Anna



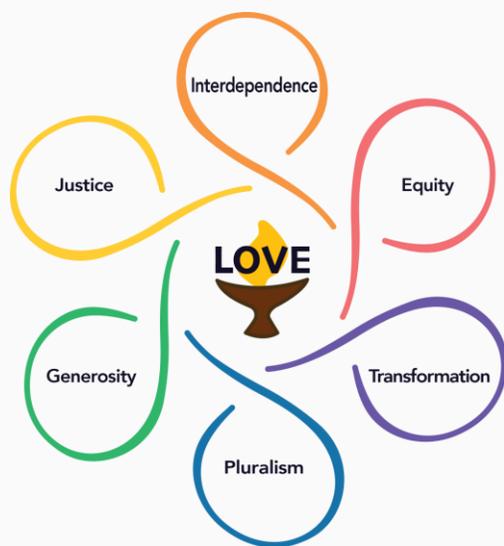
Photos by De Anna

In Gratitude

Thank you to Tami Bradshaw for visiting from Durango and sharing her unique message of gratitude and joy as resistance. We also appreciate the contributions of several Fellowship attendees for our winter solstice gathering.



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 and 2026 Pride events, and offering the

Fellowship Hall for sponsored activities.



SUNDAY SERVICES AND PROGRAMS

Sunday, January 4 10:30 AM

Meditation Practice 4:30 PM

In Person at the Fellowship Hall

A New Year Coffee House (in the Spirit of Prof. John Graves)

Join us as we gather for an informal service of music, poetry, and treats to ring in a new year.

All are welcome to share in whatever way you feel led. Bring your singing voice to join in, a poem to read, or short story to share. Participation is optional, of course, but come in the spirit of community and share some joy in a festive atmosphere!

John and Ann Graves were longtime members of Pagosa UU, and at each new year John would host a service of music, singing, and musings. We are grateful for his legacy and celebrate with this special service.

Joining us will be our own Dave Pettus, along with Acoustic Picnic, Susan Kuhns, and others to share their musical offerings.

Sunday, January 11 10:30 AM

Meditation Practice 4:30 PM

In Person at the Fellowship Hall

Going Deeper Sharing Circle

In this small-group setting, we practice deep listening and sharing from our hearts. For the 5th in the series from the *On Being* podcast, our teacher and inspiration for this session is Joanna Macy. "What she embodies is a wild love for the world and a fierce hope that rises irrepressible from that," says Krista Tippet, host of *On Being*. Macy, a Buddhist philosopher of ecology, worked with the CIA in Cold War Europe and the Peace Corps in postcolonial India and was an early environmental activist. She is the author of *Active Hope* and four volumes of translated works of Rainer Maria Rilke. With space for reflection and sharing, we practice the art of listening with others. Light refreshments are offered.

Sunday, January 18 10:30 AM

Meditation Practice 4:30 PM

On Zoom and in Person at the Fellowship Hall

Martin Luther King Jr.: A Legacy

Pauline Benetti, Service Leader

Monday, January 19, is Martin Luther King Jr. Day. This service will celebrate Dr. King's Day by honoring the memory of a great man. It will remember and celebrate what he accomplished; it will acknowledge the suffering and death experienced by those involved in the struggle for basic human rights, and, most immediately relevant, we will be reminded and know deeply, in this time of rising authoritarianism, that such acts of resistance are humanely possible and that the loss of basic human rights can only happen if we, the people, allow it to happen.

Action Sunday! January 25 10:30 PM

Meditation Practice 4:30 PM

Join us the 4th Sunday to continue the UUA Common Read Book Group, *Social Change Now: A Guide for Reflection and Connection*, by 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.

Looking ahead at the scheduled reading for the book, our proposed plan follows: January and February: *Introduction and Mapping Social Change Roles* sections. March we will spend time discussing: *For Now, and For the Long Haul* section.

Join us anytime, as this reflection and discussion group will provide enough content to be meaningful even if you are unable to read parts or all of the book.

Zoom Instructions

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

Meeting ID: 899 194 1305

Dial by your location

+1 346-248-7799 US (Houston)

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 webpage. 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

Tara Pagosa Meditation Group

Sundays 4:30 – 6 PM

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

Dan Dempster

Diminish pain, conflict, and stress through the practice of patience, kindness, and compassion. Learn how training in love and compassion for others can make you more joyful and attractive.

A world of extraordinary beauty and subtlety lies just beneath the surface of our apparently mundane and fearful existence. With guidance and practice, learn to recognize the exquisite interdependence of our sacred web of life and rediscover the joy and magic in your life.

These are simple yet profound and beautiful practices based on cultivating the Four Immeasurables (Love, Compassion, Joy, and Equanimity). Come regularly to deepen your Dharma practice. Attending group practice will encourage, support, and reinforce your daily home practice, which we can help you establish.

Just bring a kind heart and an open mind. We can even help you to find those! Newcomers are always welcome. Meditation instructions are reviewed every week so that those new to meditation will gain confidence and those more experienced will continue to deepen their practice.

After meditation practice, we are currently studying the Heart Sutra, following Lama Migmar's book, *The Wisdom Gone Beyond, Teachings on the Heart Sutra* (available on Amazon: <https://a.co/d/fVTeuPa>). It is followed by a short Dharma talk and discussion. Please bring your favorite cookies to share over tea.

Can't attend in person? Join us on Zoom. Please email PUUF to be added to our meditation email list. Emails may include a short Dharma message, notifications about upcoming Dharma events, or cancellations. Stay connected and stay informed!

Dan Dempster, CA is a certified meditation instructor and authorized Dharma teacher, for more than 20 years a student of Khenpo Migmar Tseten, Buddhist Chaplain at Harvard University.

Figure Drawing as Moving Mindfulness

Resumes January 6 Tuesdays 5:30 PM to 7 PM

Dan Dempster of Dempster Fine Art is offering figure drawing classes at the Fellowship Hall for \$30 (\$32 with credit card) per session. Learn to draw figures, character, 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. His work is in international collections.

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.

Ignite Your Wakened Life: A Playshop

Saturday, January 10 9:30 AM to 12:30 PM

Elaine Harding is offering this playshop at the Fellowship to "celebrate and ignite your intentions for an awakened, creative, and soulful year" by creating a vision board for your life with 9 areas of the Feng Shui Bagua. Also, learn about the Fire Horse Year.

All materials will be provided. The early bird cost is \$40, and after January 3 the fee is \$50. Please book with 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, 10:30 AM

Join with the congregation of First UU of Albuquerque in their Sunday worship service via Zoom at **10:30 AM. The Zoom and live service are combined into one as of Dec. 28, 2025.** The Virtual Vespers service is every Wednesday evening at 7 PM.

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

The Fellowship extends condolences to its president, Michael, for the loss of his father recently.

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.
