



December 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 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.

December Steering Committee Meeting: The next Steering Committee is scheduled for **Thursday, December 18**, 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

Behold this day, for it is yours to make.

– Black Elk



Photo by De Anna

I invite you this month to listen to a few songs and chants in anticipation of the Winter Solstice Gathering on Sunday, December 21, and to get you familiar with some of the music we hope to share. And, of course, if you are not in-house for the gathering, you can enjoy these seasonal songs as a way to practice rest or in celebration of the return of the light.

[May I Be Empty](#) By Batya Levine

[May Your Life Be As a Song](#) Words by Jim Scott

[Winter Solstice Chant](#) By Phillip Palmer

May you be empty and open to receive the light; may you be full and open to receive.

Peace, De Anna

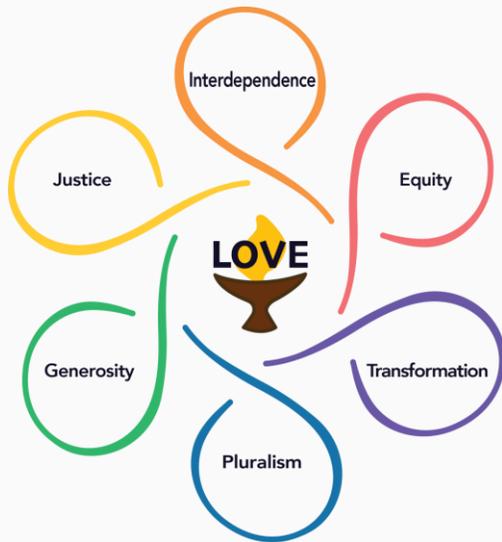
In Gratitude

Thank you to Michael, Pauline, and De Anna for a powerful remembrance service and to Julie Loar and De Anna for inspiring our gratitude in the breaking bread gathering.



Julie shares the many breaking bread practices worldwide and throughout history (photo by De Anna).

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

Sunday, December 7 10:30 AM

Meditation Practice 4:30 PM

On Zoom and in Person at the Fellowship Hall

Gratitude and Joy as Resistance

Tami Bradshaw, Guest Speaker

Tami Bradshaw comes to us from Durango, where her most consistent spiritual practice is walking in the woods and talking with the trees and where she enjoys the company of spiritual companions that include ponderosa pines, wild turkeys, grey tufted squirrels, and little black bears. She most often feels the Spirits' loving presence when she is slowing down and connecting to nature.

Tami believes that cultivating joy, wonder, and awe is perhaps the most practical thing any of us can do to serve the world and to serve others. From this place, she will share some insights and practices gleaned from the Spiritual Directors International webinar called "Awakening Joy: Cultivating Presence," led by Harry Pickens. The three areas of exploration Bradshaw will speak to are activating a deeper sense of relaxed present moment awareness, mining the gold of personal experience to consciously cultivate more elevated states of being, and beginning to habituate those states through a simple 3–5-minute practice.

Tami Bradshaw is a Spiritual Director certified through the Stillpoint Center for Christian Spirituality at Ghost Ranch in Northern New Mexico. For more than 25 years, Tami has facilitated spiritual formation programs for children, youth, and adults. She holds a Master of Arts in Religion from the Iliff School of Theology, where she learned great respect for all the world's Wisdom Traditions. She has served United Methodist Churches in the Sky Mountain Conference as program staff, pastor's spouse, and as a volunteer and is currently a member of Summit Church Durango, a United Methodist Church, where her husband Jeff Huber is the lead pastor.

In her spiritual companioning work, Tami accompanies individuals and facilitates spiritual direction groups both in person and online. To learn more about her spiritual direction practice, see <https://Songbirdsoulcare.com>.

Sunday, December 14 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 fourth session in the series from the *On Being* podcast, we will hear an excerpt with Ocean Vuong. Poet, novelist, essayist, and professor of creative writing in the Master of Fine Arts program at New York University, Vuong is a "teacher with words about words," says Krista Tippett, host of *On Being*. With space for reflection and sharing, we practice the art of listening with others. Light refreshments are offered.

Sunday, December 21 10:30 AM*

***Begins with an Informal Drumming Circle around 10 AM**

Meditation Practice 4:30 PM

On Zoom and in Person at the Fellowship Hall

Winter Solstice Gathering

"The Spark Within" will be our theme as we welcome the growing light after the longest dark night of the year. We'll begin with an outdoor drum circle for those interested and move in for music, reflection, and ritual to honor both the dark and the light. As of now, we plan a tasty soup and bread lunch afterward. Stay tuned for any changes. Join us!

Rest and Renewal December 28

Meditation Practice 4:30 PM

We'll pause our Action Sunday! this month for a continued rest from the holiday rush. Join us in January on the fourth 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.

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.



*From De Anna, a peaceful glimpse
into the winter season*

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.
