



March 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 for all other events. 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.

March Steering Committee Meeting: The next Steering Committee is scheduled for **Thursday, March 19, 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

Getting Curious? People often ask, "What do Unitarian Universalists believe?" And, honestly, it's not a simple answer. Beliefs are as varied as any one of us. (Check out this [What We Believe link](#) for a teaser.)

At a recent service by UU minister the Rev. Jenny Amstutz, we heard more about the [Shared Values centered on love](#) and about the long process that brought the values into existence.

If your curiosity has been peaked, it might be time to look ahead to **UU101**, coming in April. This introduction will share a little history and what links our small Fellowship to the Unitarian Universalists of today. Whether or not you become a member is fully up to YOU! No hard sell here, but an opportunity to continue to learn and grow your spirit!

Pathway to Membership Gathering(s) Coming Soon!

In early spring, we will host UU101 – An Introduction as a path to membership for all interested in learning more about Unitarian Universalists and our Fellowship. We hope to plan the sessions to accommodate the schedules for those interested. Please share your interest with any Steering Committee member or De Anna, Community Engagement Coordinator. Look for a signup sheet at the Fellowship as well. If you're not in the Pagosa Springs area, email us at info@pagosauu.org.

As a covenantal faith tradition, Unitarian Universalist congregations are membership organizations, and the Fellowship invites you to consider becoming a member. Learn more here: [Membership Opportunities](#).

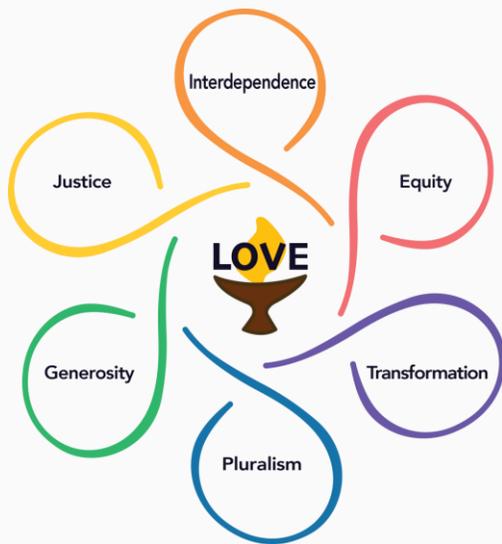
The present is not just where you are – it's the arrival point of the future you once imagined. – Dr. Jennice Vilhauer

Peace, De Anna

In Gratitude

Thank you to Michael for helping attendees celebrate Imbolc. We are grateful that the Rev. Jenny Amstutz visited us from Littleton with family members and shared ways to live our values in these challenging times, and for donating a framed print of the values to the Fellowship. Also, thank you to Pat for providing her home for that trip.

Living Our Shared Values



The Sunday Service Team 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 pagosauuf@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, March 1 10:30 AM

Meditation Practice 4:30 PM

On Zoom and in Person at the Fellowship Hall

So Children May Thrive

Presented by Dr. David Smith

Research shows that children are more likely to succeed in life when they have well-developed social, emotional, and academic skills. Research also shows that these essential skills are learned most effectively by children in the first five years of life. Although some parents have the skills and time required to prepare their children for success in K-12 and beyond, most parents must rely on high quality early childhood care and education programs available at licensed childcare centers. Dr. Smith will review some of this research and discuss challenges faced by our local childcare centers.

Dr. David Smith retired from the University of Nebraska in 2002 and moved to Pagosa with his wife, Jean. Both are Emeritus Professors of Chemistry. In 2015, he helped to prepare a report for Seeds of Learning on the value and cost of preschool. This led to his appointment to the Early Care and Education Workgroup, established by the Town and County governments to determine the need for early childhood care and education in Archuleta County. He is a member of the group that founded Wings Early Childhood Center and currently serves on its Board of Directors.

Sunday, March 8 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 final podcast in our series on hope from *On Being*, poet Ross Gay will be featured. As a community gardener and teacher, he brings us "another way of wisdom

to the conviction that we have to know what we love and what delights us," notes the website. From this place, we gather in reflection and sharing from our own experience as we practice the art of listening with others. We explore a muscular hope, which "is something we can practice moment to moment," Gay teaches, "through every ordinary day." Light refreshments are offered.

Sunday, March 15 10:30 AM

Meditation Practice 4:30 PM

On Zoom and in Person at the Fellowship Hall

Rooted in Solidarity

For this service, graciously offered by the Rev. Dr. Everett Howe from the Unitarian Universalist Association (UUA.org) and the *Side with Love Minnesota Resource Kit*, we will hear stories from our Unitarian, Universalist, and UU histories. These stories tell how ordinary people showed up, in very different ways and in particular contexts, to side with love and show up for justice. Not a sermon, this service is told through readers and responses, led by a worship leader. Through these readings, shared reflection, and music, we will be moved to act in solidarity with others.

Action Sunday! March 22 10:30 PM

Meditation Practice 4:30 PM

In Person at the Fellowship Hall

Join us the 4th Sunday to finish our discussion of the UUA Common Read book, *Social Change Now: A Guide for Reflection and Connection*, by Deepa Iyer. The section we will focus on is "For Now, and For the Long Haul." Join us, as this reflection and discussion group will provide enough content to be meaningful even if you were unable to read the book.

Rest Sunday March 29

We take the 5th Sunday to practice rest as an act of joy and resistance to a cultural norm that continually tells us not to do so.

Zoom Instructions

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

Meeting ID: 899 194 1305

Dial by your location

+1 346-248-7799 US (Houston)



Pagosa Pride Festival

Saturday, June 16 11 AM – 4 PM Pagosa Springs Town Park

The Pagosa Pride planning committee is working on the 3rd Annual Pagosa Pride Festival to be held Saturday, June 13, from 11 AM to 4 PM in Town Park in downtown Pagosa Springs. The previous Festivals were held in June 2024 and 2025 and were a great success, with almost 200 people in attendance each time.

The Pagosa Pride Festival benefits our LGBTQIA+ community through increased visibility, creating an inclusive space and opportunities to foster advocacy for equity

and social justice for people of all colors, gender identities, and sexual orientations.

The lead sponsor for the Festival is the Fellowship, with support from the Pagosa Springs Community United Methodist Church and St. Patrick's Episcopal Church, also of Pagosa Springs.

We are seeking sponsors and volunteers for the event. The next meeting is Thursday, March 5, 4:30 PM, at the Fellowship. For more information, email us at pagosapride@gmail.com.

Social Justice Opportunities

For information on local rallies, Equality Pagosa sends emails out. Contact them at psequalitymarch@gmail.com. Indivisible Colorado offers an Action Network, including speakers on Zoom; sign up via indivisiblecolo@gmail.com.

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.

A Course in Miracles

Steve Brown is polling community members to determine interest in a weekly *A Course in Miracles (ACIM)* study group to meet at the Fellowship. The *Course* is a self-study spiritual curriculum designed to retrain the mind to shift perception from fear to love. It argues that only love is real, while fear, guilt, and separation are illusions created by the ego.

Typically, such a group is led by a certified *ACIM* minister, but no restrictions exist on forming a lay group with members sharing time leading the discussions. A study guide may be used to organize weekly topics. If enough individuals express an interest, an orientation meeting will be arranged. This lay-group concept will work better smaller,

perhaps initially limited to eight or ten participants. It would be especially helpful if some members of the group had some knowledge of *ACIM*. Please contact Steve at stevecsb111@outlook.com if you are interested and have questions, comments, or suggestions.



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. See the note above. Emails you will receive 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 and for more than 20 years a student of Khenpo Migmar Tseten, Buddhist Chaplain at Harvard University.

Figure Drawing as Moving Mindfulness

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.

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

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.
