



## **February 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.

***February Steering Committee Meeting:*** The next Steering Committee is scheduled for **Thursday, February 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](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, Community Engagement Coordinator**

Last month we held a service with songs, poems, readings, and beautiful connections in community. A few people asked for a copy of the poem I read, *The Perfect Cup*, by Joyce Rupp. Here is a link to her poem: <https://joycerupp.com/the-perfect-cup/>.

I just returned from *Stand Up Saturday*, a weekly gathering along the highway. Even with the colder wind, a group of 20+ showed up in solidarity with our siblings in Minnesota and beyond, as they braved freezing temps.

From the **Action Sunday!** Book Group reading *Social Justice Now: A Guide for Reflection and Connection*, I am reminded of questions that continue to create an inner spark of reflection for me:

*How do power and privilege show up in your roles?*

*What habits and patterns do I recognize in myself?* And this follows up with,

*What can I do to be more aware, to get curious, pause, and then realign with intention?*

Honestly, I feel brave when I reflect on these questions. I am able to notice and then realign, putting love at the center, with intention and focus on a small action.

I am not perfect at this, but as it says in the poem above,

*. . . if I wait to be  
perfect  
before I love myself  
I will always be  
unsatisfied  
and ungrateful  
if I wait until  
all the flaws, chips,  
and cracks disappear  
I will be the cup  
that stands on the shelf  
and is never used.*

May you find peaceful moments in the days ahead. I will see you all in a couple weeks.

*Peace, De Anna*

## **In Gratitude**

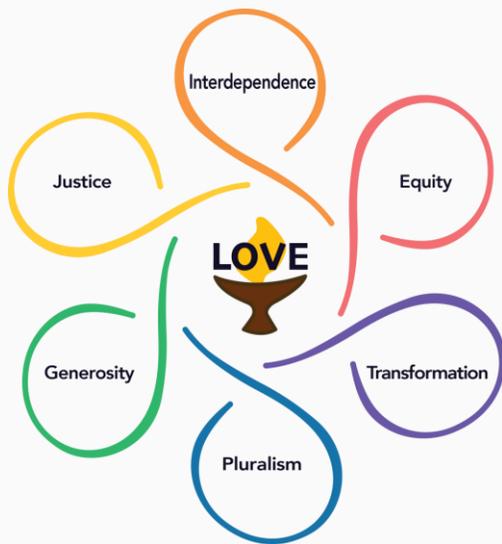
Thank you to all those who contributed to the New Year Coffee House, providing readings and reflections, delicious food, and your time and energy. We also are grateful Pauline worked so hard to pull together ways to remember Dr. Martin Luther King and his legacy, life lessons as current as ever.



*Carol and Dave of Acoustic Picnic at  
the  
New Year Coffee House*

**Living into Our Values**

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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, our help with the 2025 and 2026 Pride events, and offering the Fellowship Hall for sponsored activities.



### **SUNDAY SERVICES AND PROGRAMS**

**Sunday, February 1 10:30 AM**

**Meditation Practice 4:30 PM**

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

***Honoring Imbolc***

**Presented by Michael Demchak**

Imbolc is a pagan holiday that falls halfway between the Winter Solstice (Yule) and the Spring Equinox

(Ostara). Celebrated on February 1, it recognizes that the earth is awakening despite being the middle of winter. It also honors the Goddess Brigit and her many attributes. Imbolc celebrates pregnancy, birth, fertility, and creative female energy. It is a time to plant our seeds of intentions for the coming year. Join us as Michael reviews the history, traditions, and spiritual meaning of this sabbat.

Michael Demchak was raised with a Unitarian Universalist background for most of his childhood in Connecticut. After moving to Denver with his family in 1976, he attended the Mile High Church of Religious Science. In 2007 he became active in a Pagan meetup group, which grew into the Living Earth Church through his leadership, where he co-created many circles as a Pagan priest. Michael now serves the Fellowship as Chairperson of the Sunday Service Team, President of the Steering Committee, and a lay minister.

**Sunday, February 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. Continuing our series from the *On Being* podcast, our teacher is the extraordinary Joy Harjo, a musician, visual artist, member of the Muscogee Creek Nation, and former Poet Laureate of the United States. We gather in a place of reflection as we practice

the art of listening with others while exploring a muscular hope, which is so needed these days. Light refreshments are offered.

**Sunday, February 15 10:30 AM**

**Meditation Practice 4:30 PM**

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

***An Attitude of Gratitude***

**The Rev. Jenny Amstutz**

Buddhist psychologist Dr. Debra M. Kawahara wrote, “It may be precisely in moments of rupture that gratitude becomes most essential.” Gratitude is the antidote to greed, entitlement, and despair. It is a life-giving practice that can help us sustain joy in difficult times. Join us as we explore the spiritual practice of giving thanks.

We are honored to host Rev. Jenny Amstutz, Minister of the Columbine Unitarian Universalist Church in Littleton, CO. She has served the Littleton congregation since 2021. She lives with her husband and ever-dwindling supply of children, who keep growing up and moving out (three down, two to go), her aging dog Scootaloo, and her 350 lb. pet pig Maisy. When she is not comforting the afflicted, she is afflicting the comfortable, reminding people that our UU values call us to be brave and bold during these times of despair. Rev. Jenny and her family enjoy visiting other UU communities and look forward to being with us for worship and fellowship

**Action Sunday! February 22 10:30 PM**

**Meditation Practice 4:30 PM**

**In Person at the Fellowship Hall**

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

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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).

Our February discussion will explore the section *Mapping Social Change Roles* more deeply, discovering ways to take action, both individually and within our Fellowship. We will finish up the fourth Sunday in March focusing on the section *For Now, and For the Long Haul*.

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

### **Stay Tuned: A Pathway to Membership**

As a covenantal faith tradition, Unitarian Universalist congregations are member organizations, and the Pagosa UU Fellowship invites you to consider becoming a member. Learn more here: <https://pagosauu.org/membership-opportunities/>

In early spring, we will host a Path to Membership session for all interested in learning more about Unitarian Universalists and our Fellowship. Share your interest with any Steering Committee member or De Anna, Community Engagement Coordinator.

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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**

The **Pride Planning Committee** has been actively putting together the details for the June 13 event at Town Park and is now seeking sponsors, booth participants, and volunteers. The next meeting is scheduled for Thursday, March 5, 4:30 PM, at the Fellowship, with the option to join by Zoom at the same link for the services given above. All are welcome to attend.

## **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](http://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.

## ***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.

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

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

### **Tara Pagosa Meditation Group**

**Sundays 4:30 – 6 PM**

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

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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**

**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](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. His work is in international collections.

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### **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](mailto:elaine@elainekharding.com).

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### **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>

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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, 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.

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## **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](http://uumuac.org). Their services are on YouTube with this link: [https://www.youtube.com/channel/UCI\\_LLePt59InvDs47ylqVSw](https://www.youtube.com/channel/UCI_LLePt59InvDs47ylqVSw)

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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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