



April 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.

April Steering Committee Meeting: The next Steering Committee is scheduled for **Thursday, April 16**, 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

The following is an excerpt from BTS Center's *Blossoms* newsletter (April 2025); the Center is based in Portland, Maine.

As we watch the world around us slowly unfurling in these still-early spring days, we marvel at the delicacy of the buds, the bright newness of the green shoots. The days

continue to grow longer, and the blossoming of light and warmth, as well as the blooms on the trees, bring a new sense of possibility. When we slow down and quiet the noise around and within us enough, we can sense the sacredness present all around us, especially as the earth awakens from winter.

Of course, these continue to be heavy times laden with grief, anger, and suffering. We are all navigating, in different ways, the chaotic turns of our government and the drastic changes to so many parts of our lives. Each day brings new challenges and new uncertainties. Last week, many of us joined in the protests and marches across the country — not just to stand against cruelty and corruption, but also to stand for the world for which we long — a world of mutual flourishing and abundance for all.

We are reminded to stand in the fullest light of who we are, and by so doing, a new world might blossom from our mutual care.

The message is as relevant today as it was a year ago, and I share it as a reminder that the seasons teach us how to hold all that is our lives. The growth and beauty of spring show us, in small and big ways, that change happens regardless of the ever-increasing feelings of doom.

Let us take a minute to breathe with the earth's rotation around the sun, and may we be renewed by noticing the life-giving energy that surrounds us, in ourselves and in one another.

For more inspiration, check out [Mary Oliver: Saved by the Beauty of the World trailer](#)
Peace, De Anna

Fellowship Pledge Campaign

Something new is happening at PUUF! We will initiate a Pledge Campaign this month. “What’s new about that?” you ask. “Happens every year.” Well, this year is different. The Fellowship's bottom line is in need of support more than ever before in our history, so we are starting early in order to provide you with the details you need to appreciate our financial situation. Michael Demchak, President of the Steering Committee, will take a few minutes each Sunday through April and May to fill in the details and will be available after service to answer questions. He will also have some

good news to share. Hope to see you at service.

Congratulations to the Fellowship!

In late February, the Unitarian Universalist Association sent the Fellowship a letter stating that we had successfully completed the Five Practices of Welcome Renewal for 2025. "Sincere congratulations on your ongoing commitment to LGBTQ+ welcome and inclusion in and beyond Pagosa Springs," the letter noted. "It was a pleasure to read about all you have accomplished and the powerful work you have done to ensure that Pagosa UU is meeting the needs of queer and trans congregants and the wider community."

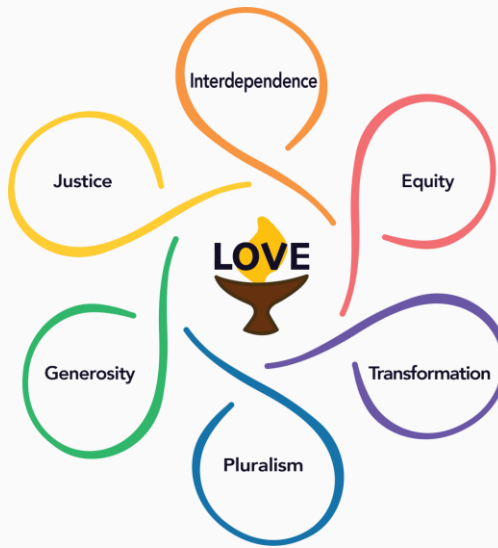
The Fellowship became a Welcoming Congregation in 2017, completing the first of the Five Practices. The Second Practice, Welcoming Worship, began with a June 2024 service. The Third was recognizing Welcoming Days of Observance, such as the Transgender Day of Remembrance. The Fourth involved Welcoming Religious Education, and the Fifth was to Support a Welcoming Project, such as the Pagosa Pride Festival.



In Gratitude

We appreciate Dr. David Smith taking the time to explain the benefits of early childhood care and education and related challenges in Pagosa. Thank you to Joan and Pauline for quickly putting together a service at the last minute when Rooted in Solidarity was postponed until May due to the illness of essential participants.

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, April 5 10:30 AM

Meditation Practice 5:30 PM

On Zoom and in Person at the Fellowship Hall

What Connects Us: A Season for Renewal

As a member organization, we are enriched by those who participate and offer time, talent, and resources to building beloved community in our hurting world. Through ritual and readings, we will honor our commitment to what holds us together as people of faith. We will celebrate the season of rebirth with an egg tree, welcome new members to the Fellowship, and hear from members about what sustains their path as UUs.

NOTE: Pathway to Membership Gathering Coming Soon!

As part of welcoming new members, the leadership will host an opportunity to learn more about Unitarian Universalism and our Fellowship. We invite everyone to take part – growing in spirit, making friends, and doing good! Share your interest with a member of the Steering Committee or De Anna, Community Engagement Coordinator.

Learn More Here: [Membership Opportunities](#).

Sunday, April 12 10:30 AM

Meditation Practice 4:30 PM

In Person at the Fellowship Hall

Going Deeper Sharing Circle

When we listen to people, our own language softens. Listening may be the cardinal act of giving.

Paul Hawken

In this small-group setting, we gather in reflection and share from our hearts. From this place of sharing from our own experiences, we practice the art of deep listening with and to others. Light refreshments are offered.

Sunday, April 19 10:30 AM

Meditation Practice 5:30 PM

On Zoom and in Person at the Fellowship Hall

A Cooperative Message about the Earth

Presented by Nicole Pitcher

This Sunday before Earth Day, it is fitting that we hear a real-world message about the Earth, as well as a spiritual one. Nicole Pitcher, LPEA Board President, will share an update on the future of energy in our region as the cooperative transitions to energy independences and new agreements for cleaner, locally generated energy with reduced cost and emissions. Questions and comments will be welcome.

The message, shared by Pauline Benetti, service leader, will highlight the spiritual challenges inherent in the transition from an extractive economy to a regenerative one, a transition fraught with stress and despair and moved forward by joy, the resilience inherent in community, and the choices we all make every day.

Action Sunday! April 26 9 AM – 3 PM

Meditation Practice, Fellowship Hall 5:30 PM

Centennial Park

Earth Day Celebration

Come participate in a community celebration for the Earth. Many UU Fellowship members and friends are involved in the planning and participation of this annual event. Festivities begin at 9 AM with yoga in the park and an informal drum circle around 9:45. (Don't forget your drum!) The event begins at 10 AM with an opening ritual. Community booths, live music (on new sound equipment, thanks to the Southwest Organization for Sustainability and the Geothermal Greenhouse Project), a tea ceremony, food trucks, and lots of activities for all ages round out the day.



Zoom Instructions

[!https://us02web.zoom.us/j/8991941305](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 13 11 AM – 4 PM 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, held in June 2024 and 2025, 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.



(Top) Pauline and Martine with new signs at a recent No Kings March; (bottom): Kay,

De Anna, Pauline, and Joan at a Stand Up Saturday

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 5:30 – 6:30 PM

Note the new time. Please email dandmpstr@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.
