



May 2026

PUUF is currently offering in-person services at **10:30 AM** on the 1st and 3rd Sundays of the month, with small-group gatherings 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.

May Steering Committee Meeting: Note that the monthly meetings have moved to the second Wednesday of the month and an hour earlier. The next Steering Committee meeting is scheduled for Wednesday, **May 13**, at **1:30 PM** at the Fellowship Hall. All are welcome and encouraged to attend. The meeting date and time are 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

As we approach the Pagan Day of Beltane (or Beltaine), the halfway point between Spring Equinox and Summer Solstice, we can take some time to reflect on how nature shows us ways to live in harmony, closer to the earth's medicine.

The fire energy of the bonfires can remind us of a passion for creativity – the dance of life; fertility, symbolized by the maypole, can honor the connection between earth and

sky – self and spirit; and new growth – the cycle of birth, life energy, and roots that connect us to the earth.

The seasons, especially at the shift between them, brings us a reminder that everything changes. From birth to life to death and rebirth, we are in constant flow. Let us take this season of rebirth to ignite the fire within and be the change we want to see in the world.

And go outside at night on April 30 – May 1. The full moon will be rising!



In service and peace, De Anna

Fellowship Pledge Campaign

Something new is happening at PUUF! We initiated a Pledge Campaign in April. “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 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.

Pathway to Membership Gathering Coming Soon!

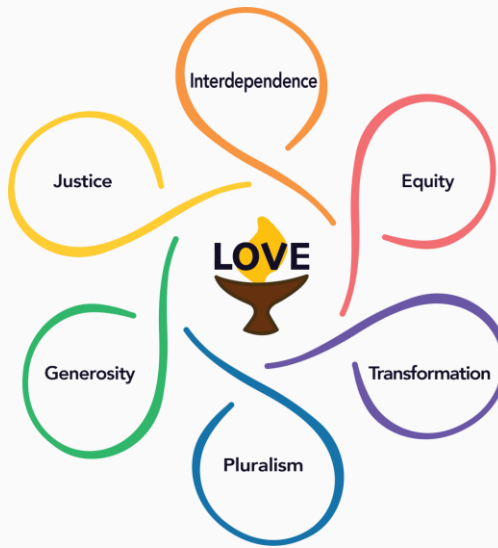
As part of welcoming new members, the leadership will host an opportunity to learn more about Unitarian Universalism and our Fellowship. We invite everyone to take part – growing in spirit, making friends, and doing good! Share your interest with a member of the Steering Committee or De Anna, Community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



In Gratitude

We enjoyed celebrating the traditional Easter with a colorful egg tree, thanks to De Anna, who led the service. Bonni loaned us the tree, graced with birds this season. We are grateful Nicole Pitcher explained the changes occurring with the LPEA departure from Tri-State, including the cooperative's efforts to lower costs for residents while pursuing more renewable energy.

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, May 3 10:30 AM

Meditation Practice 5:30 PM

On Zoom and in Person at the Fellowship Hall

Rooted in Solidarity (postponed from March)

For this service, offered 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 advocate for justice. Through the readings, shared reflection, and music, we will be moved to act in solidarity with others.

Sunday, May 10 10:30 AM

Meditation Practice 5:30 PM

In Person at the Fellowship Hall

Going Deeper Sharing Circle

For this shortened gathering this month, come for a brief connection and meditation continuing our lament for the earth. (De Anna will be present for anyone wishing to start the day in quiet contemplation.)

Carpool at the Fellowship Hall 11:30 AM RSVP by May 8

Field Trip to Four Corners Alliance for Diversity BBQ, Durango

The Four Corners Alliance for Diversity is offering The Big Queer BBQ, **Sunday, May 10, 1 PM – 3 PM**, at Rotary Park, 1580 E. 2nd Ave., in Durango. Some of the Pagosa UU folks involved in planning the Pagosa Pride event (June 13) will attend and carpool from the Fellowship at about 11:30 AM. It's an opportunity to say hello and get to know them. If you would like to go, please email Joan Ward at pagosauuf@gmail.com by

Friday, May 8. We need to give The Alliance a count, and we're checking whether we will bring food or give a donation.

Sunday, May 17 10:30 AM

Meditation Practice 5:30 PM

On Zoom and in Person at the Fellowship Hall

A Unitarian Universalist Odyssey Through Hell

The Rev. Michael Brown

Visiting minister Rev. Brown will share some of his personal journey as a child in an evangelical church, with reflections on whether or not Hell really exists. Does the widespread belief in Hell have any effect on our society, our cultural norms, and political struggles? This is a question worth exploring, especially as we consider Christian Nationalism and other conservative movements.

The Rev. Michael Brown is a Unitarian Universalist minister with more than 30 years of UU ministerial service and 6 additional years as a lay leader. He is Minister Emeritus of the Universalist Unitarian Church of Peoria, Illinois, a historic Universalist Church. The Rev. Brown received the Dr. Martin Luther King Jr. Commemorative Distinguished Service Leadership Award while in Peoria. He also served First Unitarian Universalist Church of San Diego as Minister-in-Residence in 2021. He and his partner, Diane, live in Santa Fe, NM.

Note: A dinner will be hosted and held at the Pagosa UU Fellowship on Saturday evening for the Rev. Brown and Diane. All are invited and encouraged to sign up to contribute to the potluck.

Action Sunday! May 24 10:30AM

Meditation Practice, Fellowship Hall 5:30 PM

An Outdoor Site

We will venture outdoors, assuming the weather is agreeable, and focus on issues we can engage in, writing postcards, and sharing our voice to express our values. Stay tuned for the location, but we may gather at a covered table near the Pagosa Lakes Recreation Center, which is close to the Fellowship.

Sunday, May 31 Day of Rest

Take time to rest and relax as a spiritual practice. You can also check out another congregation's online service to explore the wider world of Unitarian Universalists (see those listed in this newsletter).

[When I Am Among the Trees – by Mary Oliver](#)



Drumming as part of the Earth Day 2026 Opening Ceremony; due to inclement weather, we met at the PLPOA Clubhouse.

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 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.

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

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.

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.
