



July 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.

July Sunday Service Team (SST) and Steering Committee (SC) Meetings: Note that the monthly meetings have moved in July to the third Wednesday of the month. The next SST and Steering Committee meetings are scheduled for Wednesday, **July 15**, with the **SST** starting at **1 PM** and the **SC** beginning at **2:30 PM** at the Fellowship Hall. All are welcome and encouraged to attend. The meeting date and times are subject to change. If you would like to attend, you may verify the date and times and also request Zoom access by emailing info@pagosauu.org or by contacting any member of the Steering Committee. The 2026-27 SC members are Michael Demchak, Joan Ward, Kay Kaylor, Pat Devin, and Martine Colombey.

Peaceful Leanings

De Anna, Community Engagement Coordinator

As I prepared for the Fellowship Retreat last month, I came across a page with the heading "Good Reasons to Join our Unitarian Universalist Congregation."

It then lists the following:

- *Because here we join with open minds and open hearts to worship together, seeking what is sacred among us*

- *Because here we are part of a long, liberal tradition of reason and tolerance, of hope and liberation*
- *Because here we join our strength with others to create a more just society*
- *Because here we build a supportive community that eases our loneliness and opens our hearts*

These simple yet profound statements are why I first joined a UU congregation, and the reason I continue leaning and loving into this faith that keeps love at the center, however you define that.

At the recent retreat, with 10 in attendance, including an interfaith minister who joined us, we explored our connection to this Pagosa Fellowship and themes we want to explore in the coming months. How wonderful it was to spend dedicated time together! A special thanks goes to Pat for hosting and to Pauline and others who brought food to share.

I invite you to imagine what this vibrant, albeit small, community could grow into, and with the points above, what might you say when someone asks, “What is UU?”

In abundant faith, De Anna



In Gratitude

Thank you to the Transforming Hearts Collective for sharing the truth in response to the claims by the anti-trans movement. We appreciate the generosity of Barb and Dave for sharing their home and beautiful location for the Annual Picnic and of Acoustic Picnic and other musicians who added popular music to the pleasant gathering. We also are grateful for Pat, whose lovely home among the trees provided

the setting for the Retreat, and for all who contributed their thoughts and snacks.

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, July 5 10:30 AM

Meditation Practice 5:30 PM

On Zoom and in Person at the Fellowship Hall

Let's Meet the Moment

The 2026 General Assembly of the UU Association began with a 30-minute ingathering service, inviting all participants into sacred community before the first General Session. Through words, music, and ritual, this shared worship time grounds us in the theme *Meet the Moment: Together Everywhere* and prepares our hearts and spirits for the work ahead. We will view this service as part of our connection to the wider Unitarian Universalist movement.

Sunday, July 12 10:30 AM

Meditation Practice 5:30 PM

No Going Deeper Circle

NOTE: The Pine Song 4-Corners UU Retreat venue has changed to the UU Fellowship of Durango because of concerns for safety due to the "increasing threats of wildfire" and a family situation for the out-of-state hosts.

In lieu of the Going Deeper Circle, members and friends may attend the Retreat. With the changes, the event will be FREE for all participants on Saturday, July 11, and Sunday, July 12. The UUFD complex is at 419 San Juan Dr., Durango. Snacks and beverages will be available, a Zia Taqueria lunch will be provided Saturday, and a patio potluck will occur at 10:45 PM Sunday. For more details, email information@durangouu.org or check the website (not updated as of this writing).

Sunday, July 19 10:30 AM

Meditation Practice 5:30 PM

On Zoom and in Person at the Fellowship Hall

Story Sunday: First Dog on the Theme of Acceptance

Come for a wisdom story, told by our resident storyteller, Libby Krause. Storytelling is a long tradition from many cultures, connecting us with myth as it relates to truth in the everyday.

Sunday, July 26 10:30 AM

Meditation Practice 5:30 PM

In Person at the Fellowship Hall

Meeting the Moment can mean so many things, and this week we will continue our action by writing postcards, giving rise to our voices. We also join with the Pagosa Community Initiative (PCI) in making school supplies available to all the student of Pagosa Springs. Bring your donations of basic supplies to be delivered to PCI as we build beloved community.

List of needed school supplies:

- backpacks
 - erasers
 - rulers
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- glue sticks
- scissors
- binders
- folders
- highlighters
- pencil boxes / supply kits
- notebooks
- composition books
- loose-leaf paper
- pencils / pens
- crayons / markers
- colored pencils



Acoustic Picnic and friends at the Annual Picnic

Some attendees after the service and meeting at the Annual Picnic

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.



Aria and the Pride Costume Contest, June 13

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 send our condolences to Pam for the loss of her partner Mark Kircher on June 4, the same month as their 50th anniversary. Pam has been a part of the Fellowship for years, and sometimes Mark attended. An obituary can be found online and in the June 25 *Pagosa Sun*.

We offer this space to honor 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.
