



August 2026

Note: *This newsletter is better viewed on a screen larger than a cell phone because the layout changes.*

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.

August Sunday Service Team (SST) and Steering Committee (SC) Meetings

The meeting date and times are subject to change due to the schedules of participants. The next SST and Steering Committee meetings are scheduled for **Thursday, Aug. 20**, with the **SST** starting at **1:30 PM** and the **SC** beginning at **2:30 PM** at the Fellowship Hall. All are welcome and encouraged to attend. 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 and officers are Michael Demchak, President; Joan Ward, Vice President/bookkeeper; Nita Niece, Secretary; Kay Kaylor, Treasurer; and Pat Devin and Martine Colombey, At Large.

Peaceful Leanings

De Anna, Community Engagement Coordinator

I was inspired by this sweet story offered by Dr. Wangari Maathai, Nobel Prize recipient, as a way to ground myself. In the often felt feeling of overwhelm, and all we see, hear, and experience in the world these days, I share it here with you.

I will be a hummingbird

May you experience rest and renewal in these days of warmth and rainfall, clear, cool nights, and bright mornings filled with expectant joy.

In abundant faith – De Anna



In Gratitude

Thank you to the members of the SST who chose the inspiring part of the 2026 UUA General Assembly for the July 5 service. We also are grateful to have Libby Krause as a member with the special talent of telling stories. Her *First Dog* story brought tears to some of us.



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, Aug. 2 10:30 AM

Meditation Practice 5:30 PM

On Zoom and in Person at the Fellowship Hall

Radical Hospitality

Joan Ward, Service Leader

As we continue to explore Acceptance as a theme, hospitality seems a likely next step, but approaching it can bring its own challenges. Radical hospitality. How do we receive strangers, people who appear different from us in any way?

The Rev. Marilyn Sewell notes: “Robert Putnam, the Harvard political scientist who wrote *Bowling Alone*, wanted to find out what happens when diverse groups of people live in the same area, as opposed to a homogeneous group of people living in an area. He found that when people are near people unlike themselves, they tend to 'hunker down.' Not only do they not interact as much with people who are different from themselves, but they don't interact with their own group as much: they watch more TV, they have fewer friends, they are less likely to work on community projects.”

So what does this mean for us as a fellowship? We are committed to being a welcoming community. We say we believe in the “inherent worth and dignity of all.” “And yet we are human beings, and we have the same challenges that all human beings have. We feel more comfortable when we're with people we know,” Rev. Sewell writes.

Come hear Rev. Sewell's sermon, read by Joan, and take part in the discussion as we

deepen our understanding of living out the shared values centered in love.

Sunday, Aug. 9 10:30 AM

Meditation Practice 5:30 PM

Going Deeper Circle

This facilitated small-group gathering is where we invite sharing and deep listening practice. We explore themes of recent topics and leave space for reflection and for whatever else is on our hearts. Come make friends and practice the art of listening with others. Light refreshments may be offered.

Sunday, Aug. 16 10:30 AM

Meditation Practice 5:30 PM

On Zoom and in Person at the Fellowship Hall

The Beauty of Diversity

With Martine Colombey and Friends

This service will focus on acceptance from the perspective of diversity and the beauty of it with all our relations. We will hear stories and wisdom from different people, youth and elders alike, to celebrate the beauty of diversity.

Action Sunday! Aug. 23 10:30 AM

Meditation Practice 5:30 PM

In Person at the Fellowship Hall

We take time to tap into our motto of "Make Friends, Grow Spirit, Do Good " to engage in actions to learn and act for justice. We will hear about UUCAN, the Unitarian Universalist Colorado Action Network. Come with an open mind, a loving heart, and helping hands.



Save the Date: Thursday, Aug. 6

11 AM-2:30 PM, Fellowship Hall

Woven Faith Theme-Based Planning

Bring your lunch; drinks and treats will be available.

We will join an online introduction to Woven Faith, with an opportunity to take part in the free pilot program this year. An organizing principle of Woven Faith is that "the congregation is the curriculum" and provides avenues to incorporate our UU values more intentionally into the fabric of our congregational lives.

This **new program** integrates the UU Association's most current associational learning around anti-oppression practices, supporting the cultivation of both internal and interpersonal social-emotional skills essential for sustainable justice work. If you are part of the Sunday service planning or have interest in learning more, please attend. It is a wonderful opportunity to grow in spirit while in community.

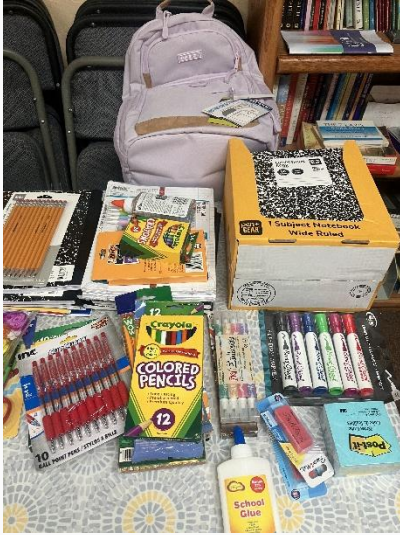
Don't Forget to Collect Your Water!

UU Water Communion Service

If you are not familiar with the Water Communion Ritual, this UU annual tradition is typically held when all are welcomed back to the community after the travels of summer and is celebrated by many UU congregations.

For the service on **Sept. 6**, each of you are invited to bring a small amount of water from places or activities you enjoyed during the summer. This can be actual water you collected at some magical place or symbolic (such as from your own water hose or nearby stream).

We will then hold a short ritual to bless this water as a symbol of shared community.



School supplies collected by Action Sunday group July 26

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

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 late 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 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.
