

November 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.

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

The monthly meeting date and times are subject to change due to the schedules of participants. The SST and Steering Committee meetings are scheduled for the second Wednesday of the month. The next one is **Wednesday, November 11,** 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; Martine Colombey, bookkeeper, Nita Niece, Secretary; Kay Kaylor, Treasurer; and Pat Devin, At Large.

Peaceful Leanings

De Anna, Community Engagement Coordinator

An excerpt from *A Gathering of Spirits* by Carrie Newcomer (Substack post**)**

A murmuration is a flock of starlings or other birds that make beautiful moving three-dimensional shapes in the air. Often, we stand looking at these mysteriously coordinated movements from the ground and we simply cannot imagine how they do it. Last year I learned that in a Murmuration each bird bases its movements on the six birds around them. When you think about it, that means the community is expanded bird by bird by bird, extending out in all directions. Like a single bird in a murmuration, I need to ask myself regularly "what is mine to do" and "who are my six birds." It is also good to know that community extends in ways that I cannot always see, expanding and creating something beautiful, moving, practical and transcendent.

I find this post to be relevant as we ponder the theme of Covenant this month. As I write this, many have cast their ballots in the upcoming election, and if you have not yet, this is your gentle reminder to get your ballot in by November 3.

As a covenantal faith tradition, we strive to be *more* together than any one of us can do alone. We center in love as a founding principle. We put love into action through our six values of Justice, Equity, Transformation, Pluralism, Interdependence, and Generosity.

We are better together! May you find a renewed sense of being part of this community – not because we are perfect or do everything *right*, but because when we falter, we come to the table, covenant to try again, and believe in building the beloved community.
In covenantal faith, De Anna

In Gratitude

Thank you to Mary Ocken for coming here from Durango to share her experiences and information on mysticism and surrendering when living the questions. We are grateful Joan offered the grounding questions from UUA's Meet the Moment and researched and led the ballot initiative presentation after the break.

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.

Pledges and Donations

Pledges and donations are always welcome. You can find the button on our website, pagosauu.org.
Here is the link: PayPal

Other options are to use the Quick Response (QR) Code that appears farther down in this newsletter or send a check to the Fellowship address at the end of this newsletter.



SUNDAY SERVICES AND PROGRAMS

Monthly Theme of Covenant

Sunday, November 1 10:30 AM

Meditation Practice 5:30 PM

On Zoom and in Person at the Fellowship Hall

Sacred Web

Presented by Tami Bradshaw, Guest Speaker

Today's message will combine the theme of All Saints/All Souls Day and introduce the theme of Covenant as understood in foundational Unitarian Universalism. We will consider some of our personal ancestors, as well as those who came before us in the UU tradition. The covenants we speak today are built on the promises

kept alive by the “saints” that came before us. We will consider covenant making as a sacred, living web that gets broken and repaired by intentional, imperfect folks – us!

In a fragmented world, we are called to practice “spiritual justice-making" by renewing our promises to care for one another and the interconnected web of life. One day we will be the ancestors. We will be the “saints” that future generations look back on. Together we will renew our commitments to each other and to future generations by creating a web of memories and intentions.

Tami Bradshaw is a certified spiritual director through the Stillpoint Center for Christian Spirituality. She holds a Master of Arts in Religion from the Iliff School of Theology, where she was opened to many wisdom traditions. For more than 25 years, Tami has participated in and leads spiritual formation programs in local churches for all ages. Her practice of slowing down while walking in the woods, alongside the trees, squirrels, and more-than-human beings is what holds her spirit. As a member of the Durango Choral Society, music is a close second to being outdoors, and her spiritual direction practice is aptly named Songbird Soul Care.

You are invited to bring photos or mementos to place on the altar as part of the ritual.

Sunday, November 8 10:30 AM

Meditation Practice 5:30 PM

In Person at the Fellowship Hall

Going Deeper Circle

This ongoing facilitated small-group gathering is a place for sharing and practicing deep listening in community. We grow our spirits and support one another, allowing space for reflection for whatever else is on our hearts. This month the gathered group will be self-directed and full of spirit. Come with an

open mind and loving heart. Light refreshments may be offered.

Sunday, November 15 10:30 AM

Meditation Practice 5:30 PM

On Zoom and in Person at the Fellowship Hall

Our Covenant

Presented by Michael Demchak, President

Unitarian Universalism is a covenantal faith. Our free faith is not based on a set doctrine or creed that tells us what to believe. Instead, at the core of our faith is our covenant: an agreement of how we try to live and be together. Through love and respect for one another, we create a community that allows for individual thoughts and beliefs, while also supporting and helping one another. Ultimately, our covenant, principles, and core values are essential to our UU faith. With love at the center, let us gather, celebrate, and give thanks for the caring community we together have created within this Fellowship.

Michael is a lay leader for this Fellowship, serving as President on the Steering Committee and lead of the Sunday Service Team. His background in Pagan studies and ritual have enriched the Fellowship's programs and spiritual growth. We are fortunate to benefit from his ministry to our community.

Action Sunday! November 22 10:30 AM

Meditation Practice 5:30 PM

In Person at the Fellowship Hall

As we engage our lived values in the world, we take action, responding to justice making. We gather each month, on the fourth Sunday, to learn from and support one another, bringing our lived values forward in the wider world.

Annual Fellowship Thanksgiving Gathering

Thursday, November 26 1:30 PM

This year's Thanksgiving Gathering will occur at the Fellowship Hall. The Fellowship will provide the turkey, dessert, and some drinks. We ask celebrants to either sign up on the colorful sheet at the Hall with your name and guests, along with what you will bring as a side dish or drink, or RSVP by email.

Please RSVP by Sunday, November 22, at pagosauuf@gmail.org.

Rest Sunday November 29

Consider making a covenant with yourself to honor rest and renewal.



De Anna, Kay, Joan, Martine, and Pauline at the No Kings Vote Early rally, Oct. 17, with
the Fellowship's banner

UUA Dissent and the Election

The national Unitarian Universalist Association (UUA) has multiple resources and email lists. For example, the UU history of civil disobedience and recent statement on dissent can be found on the Home page of the website UUA.

The Gathering Post-Election Event

Join Side with Love's Nicole Pressley, UUA President Rev. Dr. Sofía Betancourt, musician Glen Thomas Rideout, and other guests online on Nov. 9, 6 PM Mountain Time, to reflect on the recent elections together. As stated by Side with Love, "We gather less than a week after election day to reflect on what we know, what we've learned, and the road ahead. Regardless of what happens on and after November 3rd, we know that it is our sacred call to shape a multiracial, interdependent democracy where everyone can thrive."

To register, use this link: Gathering.

Social Justice Opportunities

For information on local rallies, Equality Pagosa sends emails out regularly. Contact them at psequalitymarch@gmail.com. Indivisible Colorado offers an Action Network, including speakers on Zoom; sign up via indivisiblecolo@gmail.com.

Here is another action resource: UU Colorado Action Network – UUCAN.

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.

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

---

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.



Thanks for supporting our Fellowship!

Donate by

- **Cash**
- **Check**
- **PayPal** – QR code on right
- **Venmo** – Pagosah Unitarian (remember the *h*)



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: Heart Sutra). 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.

ONLINE SERVICES

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