

September 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.

September 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 next SST and Steering Committee meetings are scheduled for Wednesday, Sept. 9, with the **SC** starting at **1:30 PM** and the **SST** 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

“Gratefulness is that fullness of life for which we are all thirsting.” –Br. David Steindl-Rast

As the date for this monthly newsletter comes around once again, we find ourselves at the cusp of another change. The Autumnal Equinox arrives on September 22 and holds balanced energy as the shift into a new season begins. At this stage in my life, I find that I notice the subtle changes that occur, not all at once, but the way seasons come and go, slowly and with the feeling of simply *allowing*.

Our theme this month – Interdependence – is another place we can embrace *allowing*. We can offer ourselves a bit of space and time bringing us closer to the earth and to each other, knowing clearly how we are dependent, or interdependent, on one another.

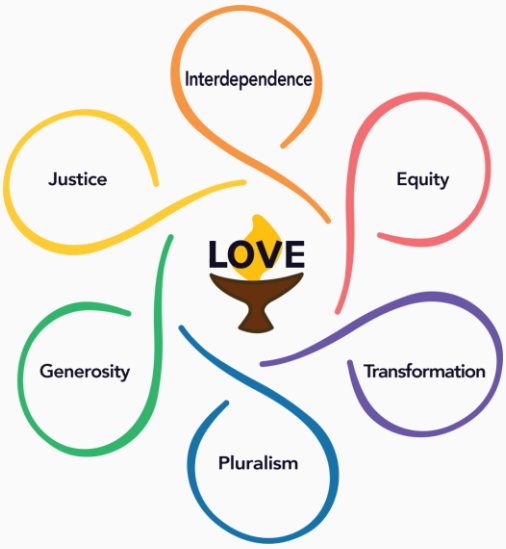
Remember, you are made of star stuff, our bodies are mostly water, and if we get quiet enough, we can speak the language of trees!

In abundant love, De Anna

In Gratitude

Thank you to Joan for leading with ideas and discussion on radical hospitality, and we are grateful for Martine and her two young video contributors, who shared their experiences and ideas on the beauty of diversity in our lives.

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: https://www.paypal.com/donate?hosted_button_id=G94QG8CX3AZZG

Another option is to use the Quick Response (QR) Code that appears farther down in this newsletter.



SUNDAY SERVICES AND PROGRAMS

Monthly Theme of Interdependence

Sunday, September 6 10:30 AM

Meditation Practice 5:30 PM

On Zoom and in Person at the Fellowship Hall

UU Water Communion Service

This UU annual tradition, celebrated by many UU congregations, is held when all are welcomed back to the community after the summer. We will have special music, stories, and sharing as we *Drop a Pebble* to create a ripple of **interdependence** and honor the interdependent web of all existence while acknowledging our place in it.

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 hold a ritual to bless this water as a symbol of shared community.

Sunday, September 13 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 will explore more deeply the theme of interdependence, with the

understanding that "the non-human world [is] more than inert matter moved by a mechanistic play of forces, but rather animated by a life force, a spark of the divine." (https://www.uua.org/beliefs/shared-values/theological-reflection/interdependence)

We allow space for reflection for whatever else is on our hearts. Come make friends and practice the art of listening with others. Light refreshments may be offered.

Sunday, September 20 10:30 AM

Meditation Practice 5:30 PM

On Zoom and in Person at the Fellowship Hall

Mabon: Celebrating the Web of the Harvest

Join us as we celebrate Mabon, the Autumn Equinox. At this time of equal day and night, we will join together in the spirit of the Harvest, to ground and center. We will reflect on our deep connection with the earth, and one another, as we honor Interdependence, one of our core values and key to the UU seventh principle. Let us come together with Love and Gratitude in our hearts, as we give thanks and prepare for the darker days ahead.

A community potluck will follow the service.

PLEASE RSVP

As we gather to celebrate the Autumn Harvest, it is fitting that we also share its bounty at the table, so let's have a POTLUCK! The Fellowship will harvest the chicken, the vegetarian pizza, the wine, and the dessert. Please bring side dishes and early bites to share. We ask everyone who intends to share to **please RSVP.**

We need to have some idea of how many chickens to harvest! Call **970-264-5232** and leave a message with your name and the number of guests.

Action Sunday! September 27 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 actions to learn and respond to justice making. We continue to address postcards going to people on the voter rolls who haven't voted recently. UU Colorado Action Network – UUCAN – has a new website. Check it out as we grow our capacity to engage our civic responsibility to make a difference.

UU Colorado Action Network

As Unitarian Universalists, we are increasingly called to respond to authoritarian violence, community harm, and democratic crisis with care, coordination, and action. Colorado UUs are very active in social justice individually and in our local congregations. The UU Colorado Action Network (UUCAN) addresses the yearning we have to better coordinate our UU activities, support one another in joyful ways, and amplify our UU values in the Colorado public square and nationally. *Stay tuned for more information on how to join in and respond to this moment with growing moral clarity, courage, and collective power.*

UUCAN: Solidarity Summit on October 3

The Colorado Solidarity Summit, the first in-person statewide convening of UUCAN, will occur Saturday, October 3, at All Souls UU Church in Colorado Springs. As part of "UU the Vote 2026: Ignite Solidarity, Reimagine Democracy," solidarity summits like this one are regional interfaith justice training and practice gatherings designed to strengthen relationships, capacities, and skills. The event in Colorado Springs will focus on deep canvassing skills for defeating harmful ballot measures in November and on training for frontline presence in potentially hostile environments. Build spiritual community and ground in joyful connection while learning together! *Stay tuned for registration details*.

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.



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: 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.