



From the Administrator,

Welcome to the newsletter for the First of April. You will find contributions from **Diane Matzke**, **Aging/Disability Resource Center**, **Ellen Paul**, **Sauk Prairie Against Hunger**. I think you will find them interesting. Please let me know if I can be of assistance. My Park Hall hours are Tuesday and Friday mornings from 9:00 a.m. to 1:00 p.m., and by appointment. Park Hall Voicemail: 608.643.3131 **Fritz Parks**

Upcoming Sunday Programs (10:10 a.m.)

Date	Program	Speaker	Topic
Apr 6	Spiritual Roundtable	All attending	Media & the Press
Apr 13	U.U. Program	Penny Andrews	TBA
Apr 20	Free Thought Forum	Gilbert Williams	Modern American Agriculture

We invite you to attend our in-person Sunday programs at our newly restored Park Hall. We have masks available. Childcare is provided each Sunday.

Our Sunday programs are also available live on Zoom.

The **April 6 Spiritual Roundtable** discussion topic will be the **Press - Democracy's Fourth Estate**. We will discuss the roles and responsibilities that come along with the rights of a free press. Childcare will be available. Starting at **10:10 a.m.**

The **Board of Directors** of the Free Congregation will meet on **April 13 at Park Hall at 11:30 a.m.** If you have an issue for us to an address, please email Susie Tatone, President of the Board at statone01@gmail.com so that it may be added to the agenda. The meeting will also be on Zoom.

Member Zoom Check In/Support Meeting

On the **2nd Monday, April 14**, we will have a Zoom meeting open for members to check in. Use this event to build community among members, socialize and support each other. Join the meeting from the **Support** tab on our website: <https://freecongregation.org/support.aspx>. Click the red text **Join** link.

Our FCSC Food Pantry Distribution is scheduled for **Saturday, April 19th at 821 Industry Dr. in Sauk City.** Volunteers need to be there by **9 am to set-up** and are usually **free to leave by 10:45ish** after clean-up.

We need five volunteers. Children at least 12 years old can assist when accompanied by a parent or a responsible adult.

Volunteers will be loading pre-packed bags and boxes into patron's vehicles. Volunteers should be physically able to lift and to walk unassisted. One volunteer will be located out by the street to direct traffic in.

Volunteers should park on the street on the south side of the driveway so as not to impend patrons' entry.

As those who have volunteered in the past know, this is a very helpful and rewarding experience and it's just a lot of fun to be working together!

Please let me know by **APRIL 10** if you can volunteer. My email is eap313@gmail.com and my phone number for text or voicemail is 608-963-8451. Hope you can make it! Ellen Paul

Please join us for our **Free Thought Forum, April 20**, in **Park Hall** and on **Zoom**. Member Gilbert Williams will present a talk on **Modern American Agriculture**. Our program will start at **10:10 a.m.**, in **Park Hall** and on **Zoom**. The public is invited. Childcare is provided.

ADRC Tools for Caregivers is a workshop for caregivers to focus on well-being. Reduce stress, guilt, anger, and depression and improve emotional well-being. Manage time, set goals, and solve problems. Master caregiving transitions and be part of decision-making. Communicate effectively with the person needing care, family members, doctors, and other helpers. Find and use community resources. A weekly workshop meeting 6 consecutive weeks, starting **Wednesday, April 9**, from **1:00 - 2:30 p.m.**, Location: **Reach Out Lodi, 601 Clark St., Lodi, WI**. Call **Amy Jane Craig** at Columbia County ARDC to register, **608.742.9233**.

From Ellen Paul.

Thank you all for the Facilities Coordinator "retirement" recognition with a meaningful card, corsage, and bouquet of Spring flowers, which are still looking great! I'm sorry I couldn't be at the meeting on March 15 to accept them in person!

It was my pleasure to serve as your FC and to use my numerous life experiences ranging from River Arts, Inc. Executive Director and a member of the RAI Programming Committee for many years and being involved in events for numerous organizations/clubs including as Principal of Sauk Prairie Middle School. Most of my life from high school to the present day has been spent organizing, fully participating, and promoting organizations and activities in the communities in which I have lived and worked. Thank you for allowing me to serve you as your Facilities Coordinator and promoting Park Hall usage. Ellen

Mindfulness Teachings are led by **Diane Matzke, Wednesdays at 6:30 p.m., in Park Hall**. People are welcome to join at any time. We are an inclusive, non judgmental group.

Night of Hope for the Hungry

6:8 Sauk Prairie Against Hunger will host a **Night of Hope for the Hungry, Friday, April 25**, starting at **6:00 p.m.**, at **821 Industry Road, Sauk City**. There will be a Cook Off: (soup, bread, dessert), a Silent and Live Auction, and a cash bar.

We had a successful work day on March 30. Thanks to all who helped: John, Dave S, Susie, Jorge, Kristy, Kathi, Ellen, Audrey, Sara, Joe and Gil.

Thanks also to **Wood Weller**, who replaced the plexiglass window in our “Little Book Library”, in front of Park Hall.

How to join our Zoom Sunday Programs.

1. Go to the Sunday Programs tab of our website:
<http://www.freecongregation.org/sunday-programs.aspx>
2. Refresh the browser page.
3. Click the “**Join Our Zoom Meeting**” link in RED TEXT.

The “**Join Our Zoom Meeting**” link will not be visible until 15 minutes before our meeting; typically this is 9:55 a.m. for a 10:10 a.m. meeting. Early birds will see the option to “**Join a Practice Zoom Meeting**”. Refreshing the page after 9:55 a.m. should reveal the active meeting link.

We publish twice a month to our website. We email announcements to our list as each issue appears online. If you no longer desire email reminders, feel free to tidy up our email list with an unsubscribe message. Keep our website bookmarked for future use.

FreeCongregation.org our website homepage

Other Useful Links:

[Unsubscribe to Newsletter List](#) use the form below newsletter links.

[Sign up for Newsletter List](#) use the form below newsletter links.

I welcome your submissions to this newsletter. Send your events, announcements, photos, and recipes to me. [Newsletter Submissions](#) use the Contact Us form at bottom.