



From the Administrator,

Welcome to the newsletter for the First of December. You will find contributions from **Susie Tatone, Jenni Walsh, Ellen Paul, Eleanor Chiquoine, and Pema Antoniotti**. 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
Dec 1	Spiritual Roundtable	All attending	Positive Masculinity
Dec 8	U.U. Program	Robin Proud	Elizabeth Cady Stanton
Dec 15	Free Thought Forum	Shawndell Marks	Winter/Holiday Concert

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; Child Education classes meet on the 2nd and 4th Sundays.

Our Sunday programs are also available live on Zoom.

The **Board of Directors** of the Free Congregation will meet on **December 8, 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.



The **Free Thought Forum** for **December 15** will be a **Winter/Holiday music program** by **Shawndell Marks**. Please join us at **10:10 a.m. in Park Hall** (also on Zoom). Childcare provided. Masks available.

Thanks to John Lichtenheld for repairs downstairs. We now have 2 functioning bathrooms again.

We received copies of a history of our Free Congregation, from 1852 to 1940, written by **Clara Runge**. Did you know that in 1940, we had 113 members? If any of our readers are familiar with this history, please contact Fritz to share your information. In the near future, the document will be available for reading.

Report from the UUA Disaster Relief Fund

- More than 146 congregations have sent contributions to the disaster fund, some from special collections and some from their own budgets. Additionally, 1,100+ individuals have given. All told, more than \$350,000 has been raised in the last 90 days!
- Eleven mini-grants of \$3,000 each were given to congregations across Florida, Georgia, and North Carolina for immediate use, primarily to support delivery of bottled water and propane.
- Eight grants totaling \$156,500 were awarded to congregations in Bradenton, St. Petersburg, Venice, and Lakeland, FL; Augusta, GA; as well as Asheville, Hendersonville, and Black Mountain, NC.

VOLUNTEERS NEEDED FOR THE CELEBRATION ON THE SEASON, DECEMBER 21

The Celebration of the Season Committee (Nick Schweitzer, Joe Frost, Jenni Walsh, and Ellen Paul) has been working diligently to make this event successful. Successful means:

- * getting people to come and see our beautiful Hall
- * to hear and see the many different multicultural aspects of winter and the holiday season- music, dance, presentations and more!
- * to learn about us
- * to have fun
- * and to assist in creating community in Sauk Prairie- to name a few objectives!

To do this we need volunteers!

We need folks to assist:

With the horse-drawn wagon, loading and unloading passengers (10-1)- **Outside**

Assisting with kids' activities- **outside** (10-1)

Helping set-up and sell brats, sauerkraut, pizza, Holiday goodies (provided) during the lunch time and clean-up (10:30-1:30)- **downstairs** (There will be two other vendors there but they will be on their own)

Assist in setting up the **downstairs** for the German Dinner buffet, helping serve the food, cleaning up after etc.- (4-7:30). Meal is 5-7)

Helping set up for the Polka Dance, selling beer, Bottled water, soda (5-7) or (7-9)

Dance runs from 6-9 **upstairs**

Please text or call Ellen at 608-963-8451 or email her at eap313@gmail.com if you can volunteer!

Celebration of the Season

Saturday, December 21, 2024
Free Congregation of Sauk County
Park Hall, 307 Polk St. Sauk City

**AN ALL-DAY FAMILY-FRIENDLY MULTICULTURAL CELEBRATION
OF WINTER AND THE HOLIDAYS**

NO ADMISSION FEE- FREE WILL DONATIONS ACCEPTED

10am-1 pm- HORSE DRAWN WAGON RIDES

10am-5pm- MUSIC, DANCE, (German, Scottish, Indigenous, Irish+) CAROLING (UCC Church) PRESENTATIONS (Kwanzaa, Indigenous foods, Winter Solstice, history of FCSC, KIDS ACTIVITIES)

**11am-1pm- LUNCH OPTIONS DOWNSTAIRS: Food prices per vendor!
Mexican, German, Indigenous, American Pizza, Holiday cookies etc.**

**4pm- WINTER SOLSTICE BONFIRE WITH FREE HOT DRINKS
(HOT CHOCOLATE, HOT CIDER, AND HOT GERMAN WINE)**

**5pm-7pm- GERMAN DINNER CATERED BY THE DORF HAUS-
\$20/ticket Make reservation at 608-963-8451 or at the door. Seating is very limited
Dinner: Spaetzle, red cabbage, German potato salad, German beer, wine or bottled water**

**6-9 pm- 'POLKA DOTS' POLKA BAND DANCE- GERMAN BEER FOR SALE!
No Admittance Charge!
Free Will Donations Accepted**

Donors/Sponsors- SP CAN (SP CommUNITY Acceptance Now (Co-sponsor), Friends of Sauk City History, Tools of Marketing, Consumers Cooperative, Meyer Insurance, Piggly Wiggly, Riviera Bowl and Pizzeria, Dorf Haus, Konkle's Tree Farm, Individual anonymous donors.

The Sauk County Arts and Humanities Good Idea Grant

Penny Andrews will lead a **member support group over Zoom on Saturday, December 7, from 9:30 to 11:00 a.m.** Penny will use the Spiral discussion framework. Pre-registration is not required. You may join the Zoom from the [Member Assistance tab on our website](#). Password not required.

Diane Matzke provides **Mindfulness Meditation Teachings** in the hall, generally **each Wednesday**. Sessions start at **6:30 p.m. and last one hour**. There **will not be a session on December 25**. All welcome. Free will donations accepted.



CONSCIOUS END-OF-LIFE TRAINING PROGRAM

Presented by
Grand Transitions Institute and Hospice

The Conscious End-of-Life Training Program offers a dynamic, fresh approach to end-of-life care under the direction of Domo Geshe Rinpoche, a western reincarnate lama in the Tibetan Buddhist tradition. Although key elements of the teachings are based on ancient Buddhist principles, this unique program is open to all individuals—regardless of their personal spiritual orientation.

Presented in sequential modules, four levels of training are designed to engage students in a process of exploration and discovery that enhances end-of-life care-giving skills and prepares individuals for their own end of life. The awareness and understanding gained from the teachings allow students to become increasingly capable of providing high-quality and careful energetic spiritual support to others, as well as overcoming their innate fear of death in order to live more fully and to prepare for their own “grand transition”.

This training includes the following:

- Lectures and discussion on key concepts and principles necessary for effective care-giving (includes video presentation and group interaction)
- Experiential on-site exercises and reflective assignments that help develop deeper self-awareness and personal growth
- Monthly facilitated group meetings (available through zoom) for support through sharing of experiences, reflections and thoughts

Level-One: Modules 1-3 training will be offered:

SATURDAY, DECEMBER 14, 2024, 8:00 A.M.– 5:00 P.M.

PRAIRIE UNITARIAN UNIVERSALIST SOCIETY, 2010 WHENONA DR, MADISON, WI

Cost: \$150 (\$75 for high school/college students; \$50 for returning students)
(lunch included)

Level-One – Modules 1-3 highlight:

- What is, and what is not, “end-of-life” (beliefs, attitudes, and behaviors)
- The dynamics of various types of relationships between caregivers and care-receivers
- The basics of establishing a supportive environment for the patient
- How to understand and deal with complex emotions that may arise in end-of-life situations
- Subtle influences that have a major impact on spiritual awareness
- The harm caused by caregiver “impatience”
- How to be energetically quiet

Contact for more information: grandtransitions@white-conch.org, Pema: 608-437-0520

Registration Required by Dec 7th: <https://tinyurl.com/wchospice>, or www.white-conch.org to register

The **December 2nd Sunday UU Program** will honor **Elizabeth Cady Stanton** and her *Women's Bible*. The program will take place **Sunday, December 8, at 10:00 a.m. at Park Hall**. Those who even know of Elizabeth Cady Stanton usually identify her as a women's suffrage leader. But she was also a religious Freethinker who published clear-eyed, detailed commentaries on both the Old and New Testaments, criticizing the very limited roles these religious texts assigned to women. In this program, **Associate Speaker Robin Proud** will share stories of the life led by this capable and determined woman. Robin will be joined during her presentation by member **Ellen Paul**, who will share excerpts from Elizabeth Cady Stanton's speech at the first women's rights convention in Seneca Falls, NY in July of 1848. It took 70+ years from that opening declaration at Seneca Falls for women to get the vote throughout the USA. Come learn about the tenacity of this early leader in the movement that finally won women the right to vote. At the end of the program, the Free Congregation of Sauk City will honor Elizabeth Cady Stanton by hanging a lovely portrait of her on the storied walls of Park Hall. Come be inspired by a person who fought long and hard to win for women the right to have a say in their government. Refreshments will be served.

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.

Instructions to join the meeting by telephone are on this same web page.

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.