



From the Administrator,

Welcome to the newsletter for the First of December. You will find contributions from **Dave Siegfried**, **Nick Schweitzer**, **Diane Matzke**, the **3rd Sunday Committee** and **UU World Magazine**. 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 7	Spiritual Roundtable	All attending	Conflict, Anger
Dec 14	U.U. Program	Rob Brink	pending
Dec 21	Seasonal Program	All attending	Songs, Poems, Coffee, Fellowship

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

Our Sunday programs are also available live on Zoom.

Next Meeting of the Board

The **Board of Directors** of the Free Congregation will meet on **Sunday, December 14 at Park Hall at 11:30 a.m.** If you have an issue for us to address, please email Dave Siegfried, President of the Board at [Dave Siegfried](#) so that it may be added to the agenda. The meeting will also be on Zoom.

3rd Sunday of December

The day after our big Celebration of the Season Event, we'll have a low key gathering, **Sunday, December 21, at 10:10 a.m.** Please join us, bring a poem you'd like to read, a seasonal song to sing. We could use a volunteer to play piano. Let Fritz know if that could be you.

What I Believe Now

The Adult Ed discussion group, **What I Believe Now**, will not meet in December. The next meeting will be on **January 29**, with a topic to be determined.

**Don't Miss this Special Annual Event. Your attendance is needed.
Please invite neighbors and family.**



In conjunction with this free event, a ticketed German Dinner will be served: adults: \$18, kids under 10: \$12. Check out our website for the event poster, to see the menu and to buy advanced tickets. Seating will be limited to 60. Unreserved tickets will be sold at the door.

<https://freecongregation.org/home.aspx>

Mindfulness Meditation

The **Mindfulness Meditation Group** will meet once in **December, on the 10th, from 6:30 p.m. to 7:30 p.m.** in the **Ferver Room** at Park Hall. All welcome.

Our Whole Life

This year marks the twenty-fifth anniversary of **Our Whole Lives** (OWL), a set of comprehensive sexuality curricula for various age groups developed in 1999 by the Unitarian Universalist Association in partnership with the United Church of Christ. Please click to find a feature article on OWL from UU World Magazine: [UU World: OWL Turns 25](#).

2026 Painesfest Holiday Program is moved to January 25

Our Guest Speaker will be Professor Daniel Kapust, UW Dept of History, who is an authority on Thomas Paine. Dr. Kapust's travel out of the country requires us to move our program back to the 4th Sunday of January. We will have a potluck as usual. Please make a note of it.



Left and middle are 2 photos by Eleanor Chiquoine from our October 27 Program with Associate Speaker **David Butler** and **Marita Kelter's** trio (**Marita**, **Bob Kelter**, **bass**, and **Willy Walther**, **bassoon**). David's presentation was based on the book **Calling In**, by Loretta Ross.



The winter storm on November 29 brought 7 3/4" of snow to Sauk City. Despite that, we had a Work Day on Sunday, November 30. **Susie Tatone** and **John Lichtenheld** (left) came in to paint downstairs. **John Kolb** and **Kathi Kemp** (not pictured), tackled some of the surplus plates and dishes in the kitchen.

Volunteer Opportunities December 14 and 28

Opening the hall, prepare and set up the coffee, hot water, mugs, glasses etc. upstairs.

Closing the hall, taking the coffee etc. down to the kitchen and generally cleaning up, either loading and starting the dishwasher or washing all the cups, etc.

More volunteers opportunities

to be backup for A/V duties,
to serve on the Outreach Committee,
to serve on the Volunteer Committee.

Please contact **Ellen**, eap313@gmail.com
or text to 608-963-8451 if you can
volunteer.

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:

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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.