



From the Administrator,

Welcome to the newsletter for the **Fifteenth of March**. You will find contributions from **Glen Johnson, Nick Schweitzer, Ann Calhoun, UU Women's Connection, ADRC, Susie Tatone, 6:8 SP Against Hunger, and Diane Matzke**. 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
Mar 16	Free Thought Forum	Ann Calhoun	Nature Conservancy
Mar 23	U.U. Program	Rob Brink	When It's OK to Quit
Mar 30	5th Sunday	All invited	Work Day

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. Instructions on the last page.

Glen Johnson, asks our members to make a special effort to join us after the tomorrow's (**March 16**) meeting for a **potluck** to kick off our **2025-2026 Annual Pledge Drive**. This event is for members and any folks interested in Free Congregation membership. Glen will make a short presentation outlining where we've been, where we are, and where we're headed. Members will receive a pledge form and an informational graphic in the mail prior to the potluck. Knowing your pledge intentions is critical for formulating the budget for the next fiscal year and makes the job of the Stewardship Committee so much easier. Thanks, and see you on the 16th.

Suggested potluck dishes for **March 16**, by last name.

S-Z entree dishes

L-R salads

A-K desserts

The Adult Ed discussion group, **What I Believe Now**, will meet **on Zoom** as usual on the fourth **Monday, March 24**, at **6:30 p.m.** The topic will be **Beliefs & Values, Origin and Change: Beliefs We Used To Hold That We Changed, and Why**. Please email **Nick Schweitzer**, jnschweitzer@gmail.com if you'd like to receive a meeting invitation, and list of questions in preparation for the gathering.



Ann Calhoun is the **Driftless Area Resilience Manager** with **The Nature Conservancy in Wisconsin**.

Please join us for March's **Free Thought Forum**, this **Sunday, at 10:10 a.m., in Park Hall** and on **Zoom**. The topic will be **Setting a New Paradigm for Land Care**. Since 2009, **Ann Calhoun** has worked with partners and colleagues to plan and support land protection and forest restoration projects, including the use of prescribed fire, on The Nature Conservancy's 9,800+ acres of woods in the Baraboo Hills. Ann is a self-described 'lover of oaks' and is especially passionate about the unique role fire can play in maintaining the intricate web of diversity associated with midwestern ecosystems, and how we as land caretakers play a crucial role in helping craft a new paradigm for how fire is implemented and utilized for good amongst the whims of a changing climate.

Today Ann will share an overview of The Nature Conservancy's work in Sauk County over the past 50+ years, and will take us on a brief journey into the forests of the Baraboo Hills to highlight a few current and ongoing land stewardship projects, along with some interesting research being conducted to help monitor and understand the effects of oak woodland restoration over time – specifically on bird and insect communities. From learnings and perspectives gained through experiences in these projects, Ann will conclude the presentation sharing some reflections for how we might approach caring for and sustaining biodiversity harbored in these special places we love into an uncertain future, balancing the reality of land use pressures and changing climate.

The UU Women's Connection will host a **Virtual Tea & Talk** on **Saturday, March 22, at 2:00 to 3:30 p.m.** Join this Zoom meeting from <https://us02web.zoom.us/j/84407764862>. For more information about this event and retreats, click [UU Women's Connection](#).

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**.

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.

6:8 Sauk Prairie Against Hunger will host a **Night of Hope for the Hungry**, Cook off with soup & bread dessert; Silent and Live Auction; Cash bar. **Friday, April 25, 6:00 p.m.**, at **821 Industry Road, Sauk City**.

From **Diane Matzke** about weekly mindfulness teachings, **Wednesdays at 6:30 p.m.:** We will be meeting all 4 Wednesdays in March. Our last Wednesday will be dedicated to the practice of RAIN. RAIN is a practice used to help process our feelings. When we gather we collectively do meditation, have conversation and create connection. Quite frequently we help each other realize we are not alone in our worries and concerns.

We need volunteers to make coffee and clean up on 2nd and 4th Sundays. Please sign up on the white board in the Hall. Contact **Ellen Paul** for assistance with our equipment, **(608) 963-8451**.

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 may not be visible until the day of our 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

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