



From the Administrator,

Welcome to the newsletter for the First of May. You will find contributions from **Susie Tatone**, **Ellen Paul**, 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
May 4	Spiritual Roundtable	All present	The Press: Democracy's 4th Estate
May 11	U.U. Program	Pema Antoniotti	Hinduism
May 18	Fruhlingsfest	Fred Clark	Wisconsin's Green Fire

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

Our Sunday programs are also available live on Zoom.

The **Board of Directors** of the Free Congregation will meet on **May 11 at 11:30 a.m. at Park Hall**. 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.

Mark your calendar for **May's Fruhlingsfest Program** and **Potluck**. We have been celebrating this Spring holiday for 173 years! The program starts at **10:10 a.m.**, in **Park Hall** on **May 20**. Our guest speaker will be **Fred Clark**, previously a member of the state legislature and the Free Congregation. Fred's presentation will be **Wisconsin's Green Fire**. A potluck meal follows. All invited, bring a friend and your appetite.

Member Zoom Check In/Support Meeting. On the 2nd Monday of the month, 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.



On **April 19**, FCSC members assisted at the **Sauk Prairie Area Food Pantry**. Thanks to **Jenni Walsh, Jim Mundt, Dave Siegfried, Judy Ettenhofer, and Ellen Paul** for representing FCSC! Our next distribution will be April 2026!



On **April 20**, member **Gilbert Williams** was our guest speaker for the **Free Thought Forum**. Gilbert covered current issues in American Agriculture, including organic wheat production. He brought samples of bread made with locally grown and milled wheat.

In May, our **Mindfulness Meditation Group** will meet on **May 7, 14, and 28**. We will not meet on the 21st in May. Each time we meet I come with a plan and am willing to organically move to a subject or focus that any participant would like to discuss. Diane Matzke



On **April 27**, Associate Speaker **David Butler** performed Hymn #1064, **Blue Boat Home** as the meditation for his presentation on Climate Change.

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](http://www.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.