



From the Administrator,

Welcome to the newsletter for the First of November. You will find contributions from Dave Siegfried, Nick Schweitzer, Jenni Walsh, John Peck, Habitat for Humanity, Health at Home Hospice. 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
Nov 2	Spiritual Roundtable	All attending	Your Own Religion
Nov 9	U.U. Program	Rob Brink	Giving Thanks in Thankless Times
Nov 16	Free Thought Forum	John Peck	Solidarity Between Farmers and Workers

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 **Board of Directors** of the Free Congregation will meet on **Date at Park Hall at 11:30 a.m.** If you have an issue for us to an 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.

What I Believe Now

The Adult Ed discussion group, **What I Believe Now**, will meet **on Zoom** as usual on the fourth **Monday, November 24**, at **6:30 p.m.** The topic is **Identity: Who Am I? What Am I? What Am I Not?** 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.

Mindfulness Meditation

The **Mindfulness Meditation Group** will meet once in **November, on the 12th, from 6:30 p.m. to 7:30 p.m.** in the **Ferver Room** at Park Hall.

Free Thought Forum, November 16, with John Peck



Guest Speaker John Peck will give a talk on **Building Solidarity Between Family Farmers & Farm Workers in Troubled Times**. According to neoliberal economists (and proto-fascist politicians), family farmers and farm workers should have nothing in common. But that is not true, especially if one believes in broader principles of food sovereignty and global cooperation. Family Farm Defenders has a long history of building coalitions within the labor movement, and that includes organizing with farmworkers and others across the entire food sector. We'll share some of the lessons from that work, and discuss current efforts to resist deportations and counter xenophobia in Wisconsin and elsewhere. As the slogan of the Industrial Workers of the World (IWW) proclaims, an injury to one is an injury to all!

John E. Peck grew up on a farm in rural MN during the 1970s farm crisis and is still farming today (with his partner) in Green County (yellowdogproduce.com). He has a PhD in Land Resources from UW-Madison and teaches economics part-time at Madison College. For the last 25 years he has also been the executive director of Family Farm Defenders (www.familyfarmers.org), a national grassroots organization devoted to promoting food sovereignty. The **Program starts at 10:10 a.m. in Park Hall**. Childcare is provided. Masks are available. You may also attend on Zoom (see last page instructions).

Living the Dream Gala for Habitat for Humanity

HFH Wisconsin River Area will conduct its Annual Fundraiser. **Thursday, November 13, 5:30 p.m. to 9:30 p.m. at Ho Chunk Gaming - Wisconsin Dells**. Live auction, silent auction and raffle. [Link for tickets](#)

Hospice Volunteers Wanted

SSM Health at Home Hospice, is based in Baraboo and serves several surrounding counties. Volunteers help Hospice with companionship visits, respite care, administrative assistance, and participation in Veteran ceremonies, among other meaningful roles. Please call **Katie Keiml at 800-924-2273** to learn more

Kitchenware needs new homes

In preparation of the kitchen for Celebration of the Season dinner, we have inventoried the dishes and serving ware. We have a collection of different plates and serving dishes from past events that might be useful in your kitchen? These can found on the tables and bar downstairs. You are invited to reduce this excess inventory by taking some of it home. Please take what you can.

Living The Dream

A Habitat for Humanity Gala

Help us build our 88th home at our Annual Fundraising Gala

featuring...

Silent and Live Auction

Dinner, Games, Tasty Libations, Enigmatic MC, Prizes

Thursday, November 13th, 2025

5:30 - 9:30

Ho Chunk Gaming - Wisconsin Dells

Tickets!

Scan QR!



Sauk Prairie Optimist Club

Fall Non-Election

Spaghetti Dinner

Tuesday, November 4th, 2025
4:00 – 7:00 P.M or until sold out!

At the RIVIERA BOWL

51 Polk Street, Sauk City, WI
DRIVE THRU PICK-UP ONLY
(Enter north of Ace Hardware)

**MEAL INCLUDES: SPAGHETTI WITH MEAT SAUCE, SALAD,
GARLIC TWISTS, AND INDIVIDUALLY WRAPPED DESSERTS**

SINGLE ORDER - \$12

FAMILY ORDER- \$20 (FEEDS 2-3)

**HELP SUPPORT THE SAUK PRAIRIE OPTIMISTS
AND SPHS SCHOLARSHIPS WITH EVERY
DINNER PURCHASED!**



Volunteer Opportunities November 9 and November 23

Opening the hall, bring 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.