

A Little About Us,

This congregation began as the Freie Gemeinde (The Free Congregation) in 1852. Its founders — most of whom came to the United States from the German states and principalities after the failed liberal revolutions of the 1840s — were seeking freedom to practice their beliefs, express their thoughts, and search for the truth without interference from government and church. Park Hall, still known locally as Freethinkers Hall, was constructed in 1884, designed by Sauk City born architect Alfred Clas.

Of the many Free Congregations established in America by free-thinking German immigrants in the 19th century, most did not survive the First World War and the pervasive anti-German prejudice that accompanied it. Only a dozen or so Free Congregations survived World War II. In 1955, faced with declining numbers and an aging membership, our congregation affiliated with the American Unitarian Association, a movement for liberal religious thought and practice. In 1961 the Unitarian Association and the Universalist Denomination merged, and we took on the name that we bear today: The Free Congregation of Sauk County—a Unitarian Universalist Fellowship.

Our values and the diversity of our heritage are reflected in the programs and services that we hold at Park Hall. The 2nd and 4th Sunday programs generally follow a UU order of service. These include reflections by our speaker, a visiting UU minister, or other guest. The first Sunday of the month we hold a roundtable Spiritual Reflection Hour on a variety of topics. The Third Sunday is our Free Thought Forum, in which a guest presenter engages an historical, cultural, philosophical, or social issue of special significance to this free religious community. Child care is provided every Sunday.

Upcoming Sunday Programs

| Date | Program | Speaker | Topic |
|---------|----------------------|---------------|---------------------|
| June 29 | 5th Sunday Outing | All attending | Indian Hills Park |
| July 6 | Spiritual Roundtable | All attending | A Good Death |
| July 13 | U.U. Program | Robin Proud | Matilda Joslyn Gage |



We are proud to support our LGBTQ members and friends.

The Free Congregation of Sauk County
A Unitarian Universalist Fellowship

June 22, 2025

Internal Family Systems Richard Schwartz: “No Bad Parts”



David Butler
Associate Speaker of the FCSC

307 Polk Street
Sauk City, WI 53583
608-643-3131
www.freecongregation.org

June 22, 2025

Internal Family Systems

Gathering: **Prelude in C major**, J.S. Bach Marita Kelter

Welcome David Butler

Story for All Ages: **I'm Afraid, Said the Leaf**, Danielle Daniel David

Announcements Fritz Parks

Lighting of the Candle, reading: **The Guest House**, by Rumi

Prelude: **Almost a Blues**, Elena Kats-Chernin Marita

Opening Hymn: **#100 I've Got Peace Like a River** Marita

Joys and Concerns David

Offering: **Reminiscence**, Eugene Rocherolle Marita

Richard Schwartz: "No Bad Parts"

Reading from **No Bad Parts**, Richard Schwartz David

Reflection: **Internal Family Systems**

Dialogue Congregation

Closing Hymn: **#108 My Life Flows On In Endless Song** Marita

Reading from **The Unsettling of America**, Wendell Berry David

Postlude: **Celebracion**, Eugene Rocherolle Marita

Announcements and Events

Fifth Sunday Outing, June 29, to Indian Hills County Park, meet at 10:10 a.m at the parking lot next to the shelter inside the Hwy 19 entrance. Bring lunch & lawn chair. Contact Dave Siegfried: davewsiegfried@gmail.com

The Board will meet on **Sunday, July 8**, at **11:30 a.m.** in the Hall and on Zoom. Send your ideas for the agenda to Dave Siegfried, davewsiegfried@gmail.com.

Mindfulness Teaching, Wednesdays, **July 9 & July 23, 6:30 p.m.** taught by Diane Matzke. All welcome, free will offering accepted.

To keep up with the dates and topics of upcoming programs, announcements, news and other content, you have several options:

Our **newsletter** is published on the 1st and 15th of every month and is available on our website. Please send your contact information to our administrator to receive issue announcements.

Our Facebook page: <http://www.facebook.com/FCSC2017/>

Our website: www.freecongregation.org.