

From the Administrator,

Welcome to the newsletter for the First of November. You will find contributions from **Dave Siegfried, Kristy Torres, Rev. Jeremy Nickel,** and **Ellen Paul**. 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 8	U.U. Program	Penny Andrews	Heart of Democracy
Nov 15	Free Thought Forum	Elisabeth Minich	Challenges of Small Scale Farming
Nov 22	U.U. Program	Rob Brink	Pending

We invite you to attend our in-person Sunday programs at our beautiful Park Hall. We have masks available. Childcare is provided each Sunday. Our Sunday programs are also available live on Zoom (see last page info).

Board of Directors Meeting

The **Board** of the Free Congregation will meet on **November 8 at Park Hall** at **11:30 a.m.** If you have an issue for us to an address, please email President Dave Siegfried, at Dave Siegfried so that your topic may be added to the agenda.

How about a dance at Park Hall?

Planning is underway for a country dance with live music and caller on the Saturday after Thanksgiving, **November 28.** Arrangements are not final but please **pencil in your calendar for that evening**. Watch our Calendar https://freecongregation.org/our-calendar/ and the November 15 Newsletter for more

SP Optimist Club Spaghetti Dinner, November 3

The poster for this event is on the 4th page of this issue.

Free Thought Forum November 15

We will welcome guest speaker **Elisabeth Minisch**, who runs **Steadfast Acres Vegetable Farm** with her husband **Steven Shoemaker,** near Lone Rock.



Elisabeth will discuss the **Challenges of Small Scale Farming**. Steadfast Acres is a certified organic farm in Lone Rock, WI. **Elisabeth** and **Steven** have been vegetable farming for 12+ years. They have farmed at their Lone Rock location since 2018. They run a diversified operation serving multiple markets, including CSA, farmers markets, and wholesale. Farming has always been a challenging profession, the variables of the season can make or break a farm. Beyond the wild weather extremes of the last 10 years, we also face the challenges of running a business within the broader economy. We'll talk about navigating managing and hiring labor in a pool of workers that is typically about 1% of the population interested in farming. The challenges of meeting consumers where they are. Both in terms of their interest in local food and the costs associated with the produce. The dilemma of scaling the farm up to meet consumer demands and last but not least, the quality of life for our farm family. More information and photos at

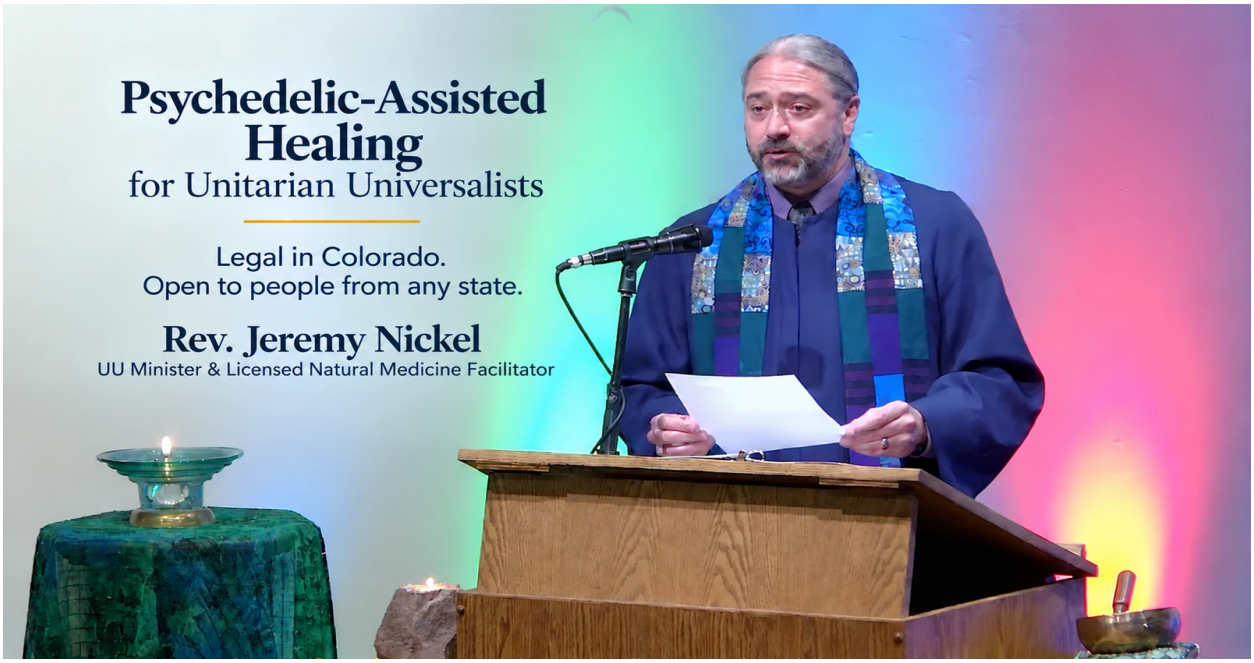


https://www.steadfast-acres.com/

The program starts at **10:10 a.m. Judy Ettenhofer** will host. Childcare is provided. Masks are available. Also available live as a Zoom stream (instructions on last page of this issue).

Yarn Donations

From Kristy Torres, 608-477-2897. For the past few years, I have been knitting items and mailing them to the Pine Ridge Reservation, South Dakota. It is the most poverty stricken reservation in the U.S. And the plains winds during winter are brutally COLD! 49%-54% live below the U.S. poverty line(per Google). The reservation staff will accept items throughout the winter and beyond for periodic giveaways. So, if you have leftover yarn from projects, etc., feel free to e-mail me, villafiestapardeeville@gmail.com, or text me at 608-477-2897. If you knit and would like to help make some items, you may email or text me, too! More hands the better. Thank you!



Legal Psychedelic-Assisted Healing with a UU Minister

Rev. Jeremy Nickel, an ordained UU minister and Colorado Licensed Natural Medicine Facilitator, works with people seeking legal, supported psilocybin experiences in Colorado. You do not need to be a Colorado resident: adults from other states can travel to Colorado to participate legally in the state's regulated natural medicine program.

Drawing on more than a decade in congregational ministry and decades of experience with psychedelics, meditation and spiritual practice, Jeremy brings a distinctly UU perspective to this work. His approach welcomes people across religious, spiritual and non-spiritual understandings, including those who are curious about psychedelic-assisted healing or considering a journey of their own.

Learn more about working with Jeremy: https://frpt.org/unitarian-universalist

What I Believe Now

The Adult Ed discussion group, **What I Believe Now**, will be on hiatus in November.

Sauk Prairie Optimist Club



Election Day



Spaghetti Dinner

Tuesday, November 3rd, 2026

4:00 – 7:00 P.M or until sold out!

At the RIVIERA BOWL

51 Polk Street, Sauk City, WI

DRIVE THRU PICK-UP and
SOME SEATING AVAILABLE

(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!



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

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I welcome your submissions to this newsletter. Send your events, announcements, photos, and recipes to me at Newsletter Submissions, or use the **Contact Us** form at bottom of the page.