



From the Administrator,

Welcome to the newsletter for the First of July. You will find contributions from **Ellen Paul**, **Dave Siegfried**, **Diane Matzke**, and **Madison-Rafah Sister City Project**. 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
July 6	Spiritual Roundtable	All attending	A Good Death
July 13	U.U. Program	Robin Proud	Matilda Joslyn Gage, Feminist Freethinker
July 20	Free Thought Forum	Sauk Prairie Students	Life in High School These Days

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 **July 13 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.

July 20, Free Thought Forum

This 3rd Sunday, at 10:10 a.m., the topic will be **What Is It like Being in High School These Days**. 4-5 students will be featured on the topic from Sauk Prairie HS.

Mindfulness Meditation in July

Wednesday, July 16 we will focus on our breath as a way to come home to ourselves. And we will also practice noticing in a non-judgemental way when our focus drifts away. **Wednesday, July 30** will be the RAIN practice to process our feelings. RAIN is recognize, allow, investigate and nurture. We are a compassionate, supportive group. Start time is 6:30 p.m. in Park Hall.

Humanitarian Aid to Gaza - Silent Auction July 11 - 20

The Madison-Rafah Sister City Project (MRSCP) is sponsoring a silent, online auction: bidding will be from July 11 - July 20. All proceeds go to Middle East Children's Alliance (MECA) to provide urgent aid to children and families. You will find:

Items created and donated by local artists (pottery, jewelry, photographs, knits, art prints, clothing, paper crafts, ceramics, crochet, original art, candles, etc).

Gift cards to some of your favorite local businesses (Penzey's spices, Origin Breads, Vintage Brewing, Arcadia books, Glass Nickel pizza, Chocolate Shoppe, pickleball lessons, massage sessions, Java Cat, Katy's American Indian Arts, Kismet books, Madison Sourdough, yoga lessons, etc).

Beautifully crafted textiles and other items from Palestine (hand embroidered tatreez, kuffiya, leather handbags and purses, Nablusi soap, thobe, olive oil and more).

You can see the items ahead of time at this link: [View the auction](#). The final bids will close on July 20th at 11pm.



We read a story for all ages each 2nd and 4th Sunday. Here are photos from May.

Above left, Rob Brink, **Mortimer's Misadventure**, May 25.

Below right, Pema Antoniotti, **Namaste is a Greeting**, May 11.



We need volunteers for

Opening the hall, which involves preparing the coffee etc. to take upstairs on **July 6** and **July 13**.

Closing the hall, which involves taking the coffee etc. down to the kitchen and generally cleaning up, either loading and starting the dishwasher or washing all the cups, etc., on **July 6** and **July 13**.

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.