



HILLTOP HERALD-JUNE 2023 MONONA UNITED METHODIST CHURCH



VACATION BIBLE SCHOOL AUGUST 15-17, 6-8pm

We continue to plan for a summer Vacation Bible School and would love to see other volunteers join us. If you are interest in helping in any way, please contact the church office. We need volunteers of all ages and skills. Our next meeting is **Sunday June 25** after worship.

SUMMER CAMPS

Summer Camp 2023 is open for registration! Summer camp can be a powerful place...our youth and families develop life-long friends, enjoy outdoor adventures, all while having time to reflect, renew and find their true identity in Christ.

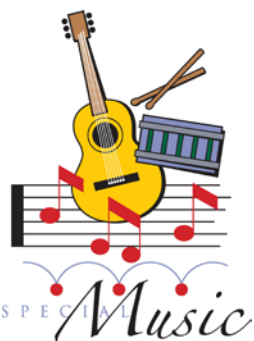
Invite a friend. Our camps are open to all. Register online at www.WIUMCamps.org. Also Monona UMC provides a camp scholarship for families.

ANNUAL CONFERENCE JUNE 9-12

"On Earth as It Is in Heaven" - Engaging in Transformative Community Building

Monona UMC will be represented this year by Pastor Paul and AJ Feucht, our Lay Member to Annual Conference. Please pray for our delegates and our whole Annual Conference as they make decisions for our Conference for the upcoming year.

SPECIAL MUSIC IN WORSHIP



As we enter summer, our Adult Choir takes a well-deserved break. We welcome and encourage your ideas/plans for providing special music to enhance our services. We have a process in place to assure music appropriateness, schedule availability, and supportive logistics are in place. Please submit your ideas via a form that is available in the church office and our Committee will take it from that point. We will use this process year round as there are always times when our regular ensembles are not available. Thank you again for your ideas to enhance the music ministry of MUMC.

Worship Committee

PASTOR'S COLUMN

Outdoor Worship Returns

Come and join us for our first outdoor worship service of the summer!

This **Sunday, May 28**, at 10 a.m. we will celebrate Pentecost Sunday on our patio, highlighted by our red geraniums, a Monona United Methodist tradition.

While we have plenty of patio chairs, you may want to bring and enjoy the comfort of your own lawn chair. We also encourage umbrellas and hats for shade.

Outdoor worship gives us an opportunity to shout to the heavens. Perhaps our neighbors will hear the excitement of Monona United Methodist Church.

On the Day of Pentecost long ago, Jesus' followers worshipped outside and caused quite a stir. The Apostle Peter stood up and said *"People of Judea and all who live in Jerusalem, let this be known to you, and listen to what I say. Indeed, these are not drunk, as you suppose, for it is only nine o'clock in the morning. No, this is what was spoken through the prophet Joel: 'In the last days it will be, God declares, that I will pour out my Spirit upon all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams. Even upon my slaves, both men and women, in those days I will pour out my Spirit; and they shall prophesy."*

As we celebrate the amazing work God is doing in our community, this is a wonderful opportunity for us to invite our friends and family to join us.

Our other two outdoor worship services are scheduled for July 2 and September 3. Unless it is raining, we will be outside. Dress comfortably.

Come and worship with us—outside—this Sunday!

Pastor Paul

BIBLE PASSAGES & THEMES 10:00AM SERVICE

June 4 – Trinity Sunday

"Jesus Sends Us Out"

Pastor Paul will preach on Matthew 28:16-20. Communion will be served.

June 11 – 2nd Sunday after Pentecost

Steve Hanusa will be preaching on Matthew 9:9-13, 18-26.

June 18 – 3rd Sunday after Pentecost

Father's Day

"Jesus Gives Us Authority over Unclean Spirits"

Pastor Paul will preach on Matthew 10:5-15.

June 25 – 4th Sunday after Pentecost

Graduation Sunday

"Jesus Creates Division?"

Pastor Paul will preach on Matthew 10:24-39.



Join Us for
WORSHIP

GAME DAY GOES ON

The group voted to keep Adult Game Day "rolling" so drop in the Fellowship Hall on **Friday, June 2 at 10 a.m.** for some good fun. Come and go as you like or just drop by to chat. Don't be afraid to join us or bring a favorite game. We get together the first Friday of each month.

USE THOSE ADDRESS LABELS

Lots of us have an abundance of free sticky address labels. We would encourage you to use them on the pew pads instead of writing in your name. It is easy and fast for you and may be easier for our potential members coming from Bashford to read and discover others who may live near them. Give it a try!



STEPHEN MINISTRY

Life, at times, can be filled with disappointments or difficult decisions, or challenging situations that leave us feeling overwhelmed. We need not face these tough times alone. A Stephen Minister is ready to walk along with you. To find out more or to request a Stephen Minister, speak with Pastor Paul or Mark Buffat (608) 335-5063.

MISSION OF THE MONTH

Second Harvest Food Bank

Since 1986 Second Harvest Foodbank of Southern Wisconsin has put more than 100 million meals on the tables of our neighbors who are facing hunger in southwestern Wisconsin. It is through partnerships and collaboration that we are able to meet the nutritional needs of our neighbors facing hunger. Additionally, as part of the food system, we are able to reduce waste by connecting with food-related businesses and farmers.

- **Food Acquisition and Storage**

Each year we acquire and store millions of pounds of food from a variety of sources including local and regional farmers, food manufacturers, and grocers which allows us to reduce food waste and provide nutritious food to our community.

- **Food Distribution**

Through our powerful network of over 300 partner agencies and programs, we distribute more than 20 million pounds of food throughout 16 southwestern Wisconsin counties every year.

- **FoodShare Outreach**

FoodShare is a federally funded program. Our team of FoodShare Outreach Specialists provides assistance to the community with applying for this benefit. FoodShare helps stretch your budget by depositing money on a debit-like card once per month to help buy groceries.

What can you do?

Please consider supporting Second Harvest Foodbank during this time of great need for many families by indicating "Second Harvest" on your check or online contribution.

Or reach out to the Volunteer Services Coordinator at volunteers@shfbmadison.org to volunteer! Together, we can end hunger.

Thank you for your generous support. The Mission Team

FROM THE CHURCH AND SOCIETY WORK AREA

We hope that you will continue to take time to reflect on the theme of our Earth Day worship service, “Water is Life” on May 21. During the morning AJ, Patsy, Mark, and Siv shared stories about how vital water is in our world: it sustains all life; it is a natural, economic, and political resource; it requires infrastructure to be accessible; it gives humans great joy in recreation; and it is a symbol in our relationship with God.

The availability of water is dependent upon humans cherishing it and creating ways that will make water available to sustain life on planet Earth. We are charged to be stewards of God’s creation and, especially, to respond to the misuse and contamination of water.

Thank you for your donation to the Clean Lakes Alliance. Explore their website <https://www.cleanlakesalliance.org/> to gather more information about the work the organization has been doing in Wisconsin.

Also join us in other activities this year as we grow in our appreciation of our Creator’s gift of water.

NATIONAL GUN VIOLENCE AWARENESS

Wear Orange Weekend 2023 is **June 2-4**, which commemorates National Gun Violence Awareness Day on the first Friday in June.

This date honors the life of Hadiya Pendleton who was murdered in a Chicago park by two young men who mistook the group of students she was celebrating graduation with for members of a rival gang. After her death, her friends chose to honor her life each year by asking that we wear orange, the protective color hunters wear in the field so that other hunters can recognize them. Sadly, in the ten years since Hadiya’s death, gun violence in our country has only increased.

Those who join this movement believe that gun violence is preventable. We also believe that it is possible to reduce these crimes, but the challenge to do so is huge. Wearing orange during this June weekend shows our solidarity with these efforts and invites us to act to find ways to prevent the tragedy of losing loved ones to gun violence.

One organization committed to reducing bloodshed from guns in our state is the Wisconsin Anti-Violence Effort (WAVE), a statewide, grassroots organization dedicated to preventing gun violence, injuries and deaths through education and advocacy. Members of this organization have met with Wisconsin state legislators every year since they began their work to request tighter gun violence laws, but until recently their efforts have been rebuffed, in spite of the desires of a majority of Wisconsinites to protect our citizens.

(You can find out more about the work of WAVE at their website: <https://wavefund.org/>) and **WEAR ORANGE the first weekend of June!**

LeeAnn Sinclair
Church and Society Committee



Congratulations to our high school graduate this year who will be recognized in worship on June 26, Ella Lodewyk.

MUMC MEN'S GROUP

All men of the church are invited to the Men's Club breakfast that will take place on **Saturday, June 10** at 9:00 am at Denny's Restaurant on Broadway. Come and enjoy great food and fellowship.

THANK YOU

A Huge Thank You to all the Donors and Volunteers, along with the Red Cross staff for our successful Seeds of Peace Blood Drive in May. The need is great and on-going! To help with this, there will be another Seeds of Peace Blood Drive on **Tuesday August 15** at Lake Edge Lutheran Church. Watch the future newsletters for more information.

WEEDS IN THE PATIO

If you are looking for a reason to go outside and enjoy the weather, stop by the church and pick some weeds that are already growing in the sidewalk and patio cracks. Rest on the bench or gather with a few friends at the tables. Take a walk through the garden to see what's growing.

ADULT SUNDAY SCHOOL RESUMES IN SEPTEMBER

The Adult Sunday School class will take a break and start again in September.

HILLTOPPERS

The Hilltoppers group will be meeting on **Monday June 12** at 11 AM in fellowship hall. I don't have a good speaker in mind at the moment, so I think we will have a story telling session. Everyone can think of a 2 to 5 min. story to tell about their early schooling experiences and tell everyone about it. It can be embarrassing, can be exciting or mundane, but you can tell everyone present where you first went to school and the year you started. I know some went to one room schools in rural areas and educational experiences then are significantly different than today's education curriculum. It is interesting to reminisce about the past for most persons.



MONONA UNITED METHODIST WOMEN INFORMATION

NOTES FROM UMW SPRING BRUNCH-MAY 6

The event was very successful. A total of 17 attended. The majority were current members of either Faith or Friendship Circles.

A nice discussion took place regarding what people wanted to have going forward for events. Lynn Hovey briefly discussed the results of the survey that was sent to about 100 women of the church last fall. Only about 41 were returned.

It was agreed by all present that we should definitely plan for a Fall Potluck on **Tuesday, September 12**, at 5:00 P.M. and an Advent Brunch on **Saturday morning, December 2** at 10:00 A.M. Each Circle will be in charge of set up and hosting one of these events.

Faith Circle - Fall Potluck

Friendship Circle - Advent Brunch

It was felt that a program will not be necessary for either event and the focus will be social and fellowship since this is what most of the survey responses indicated they were most interested in.

Kay DeBaal is willing to do an updated contact list of all UMW members including addresses, phone numbers and email addresses. She will have these ready for the Fall Potluck. Any changes should be given to circle chairs or Kay by mid-August.

There was some interest in exploring the possibility of sponsoring an event or events with a wellness focus going forward. LeeAnn Sinclair, Jeanette Williams, and Shirley Robinson offered to be a committee to explore this.

Julie Whitehorse from Friendship Circle gave a very thorough presentation about Babies and Beyond. It is a nonprofit in our area (Stoughton Road) that provides diapers, children's clothing through age 4, as well as other baby and child care equipment, toys and any other child related items. All except the diapers are donated and sorted and managed by volunteers. All is free to clients who are in need. Julie has met with the director and Friendship Circle and other church members met there to get volunteer training. They will form an ongoing connection to support this charity. She indicated that Pastor Paul is also interested in having our church form a partnership supporting this organization.

JAVA JIVE

Spotlight on Equal Exchange UK.

Joining forces across the pond and uniting as one worker co-operative.

In 2013 Equal Exchange US invested in Equal Exchange UK, an independent alternative trader with a parallel origin story and roots dating back to the late seventies in the UK. In 2017 the decision was made to bring Equal Exchange UK and Equal Exchange under one ownership. Equal Exchange UK became a subsidiary organization of Equal Exchange US, and after years of working closely together, the two organizations became fully integrated. The workers at Equal Exchange UK joined the larger US co-op structure, uniting both cooperative sectors as one

Since then, Equal Exchange UK has focused on expanding its place in the UK market, working with independent organizations and like-minded companies to build an alternative system whilst keeping the aim of supporting small farmer organizations at its core.

This has become increasingly difficult as independent stores have faced tough business challenges alongside the continual, rapid consolidation of the UK market and the steep rise in prices across product manufacturing, further exacerbated by the UK leaving Europe. These difficult market conditions propelled Equal Exchange UK into its next step.

While alternative trade in the UK and beyond has struggled to grow and even survive in this period, we have been fortunate enough to add capacity to our UK business with the addition of a factory in Sunderland. We are excited to add more manufacturing capacity and expand our worker co-op. On May Day in 2022, we had two worker-owners in the UK. Today, we have over 20 full-time workers in Sunderland on track to be worker-owners by May Day, 2024.

Thanks everyone for your continued support of this mission!!

Any ideas or suggestions you might have are always welcome!

Coordinators:

Jackie Hull c 608-576-7837. email j-mhull@charter.net

Karelyn Hopkins c 608-577-3185. email. winstonkarelyn@charter.net

ADULT AND PEDIATRIC CPR, AED AND FIRST AID CLASSES

Monona UMC is hosting CPR, AED and First Aid classes and you are invited to attend a class for free. Please contact the church office if you are interested. There will be portion completed on your computer and an in-person portion. The dates included are: June 3 & 17.

MISSING COATS

Please check your closets for a coat that may not belong to you. One missing coat is a women's black $\frac{3}{4}$ length raincoat with a hood that will be in a larger size than you usually wear. Another missing coat is a women's tan raincoat with yellow on the sleeves. There is a tan large SM raincoat with a striped lining left in our coatroom.

WORSHIP VOLUNTEER SIGNUP

We have created an online Volunteer Sign Up Genius listing with the volunteer jobs needed for worship each week. We would especially like to fill the ushers position. Please check your schedules and sign on using the link below. You can also send an email to the church office with your requested dates.

<https://www.signupgenius.com/go/904094DA8AE22AB9-volunteer>



ALTAR FLOWERS

We welcome donations of flowers for our altar on Sundays. If you would like to give flowers on a particular Sunday, please contact the church office or use the volunteer Sign Up Genius link found in this newsletter. Flowers may be dropped off on Fridays during office hours, 9am-2pm or on Sunday mornings. Thanks for brightening up our worship space.

JULY 4TH COMMUNITY OUTREACH SAVE THE DATE

Mark your calendars as we make plans for our July 4th community engagement and fundraising event. Details are still being worked out, though volunteers are needed! The more the merrier! To volunteer contact Mark Buffat at markbmumc@gmail.com or call 608-335-5063 or see him in person!

FALL HOLIDAY BAZAAR

Keep on crafting for our annual Bazaar event in November. We will still have the bake sale, wonderful chili and vendors to be planned for later.

Suggestions for art and crafting:

- Make items that you buy or see people buying at shows. Strive for price points of \$15 or less on most items.
- Make multiple colors or styles of the same item so buyers have choices. Work together with others to do this if you like.
- Focus on popular hobbies if possible: gifts or items for the pet lover, gardener, quilter, foodie, birder, reader, camper, biker, sports fan (but don't violate trademark), or other areas of popular interest.
- Fun, creative gifts for children. Maybe a couple of simple doll beds?
- Any woodworking items. Team up to make or paint decorative or usable items.
- Mosaic or stained glass items.
- Seasonal decorative items.
- "Up-cycled" items.

Please keep the Bazaar in mind and let's see what we can do together! If you have any questions, please contact the church office.

OUR SYMPATHY GOES TO

The family and friends of John Dickson who passed away on May 23.

OUR WEBSITE

Check out our website: www.mononaunitedmethodistchurch.org

- We have the recorded mini-service available for an online Worship experience as well as our in-person worship. Check our website for more information.
- We have a **Giving** tab on our website to make a donation with your credit card or through your checking account.

APRIL HILLTOPPERS MEETING NOTES: TRICIA STRAIT FROM AGRACE HOSPICE CARE

Agrace was founded in 1978 and covers 18 counties in southern Wisconsin. It is affiliated with UW Health for many of the services they provide.

They provide many services which include:

- Age At Home
- Adult Day Center
- Supportive Care
- Hospice Care and Hospice Memory Care Suites
- Grief Support

With the right kind of help, seniors can live where they want to be--in their own homes. They can help with housekeeping, showering, dressing, errands, meal prep, medication reminders, companionship and more. There is generally a charge for these services as they are not covered by Medicare.

One of the newest programs is the Adult Day Center. It is open from 7:30 AM to 5 PM, Monday thru Friday. Sometimes one needs help while their caretaker is working. It is especially helpful for people who have dementia or trouble with their memory. Costs usually run from \$85-\$95 per day. This includes 2 meals a day also.

When you have a serious illness, you have a lot on your mind. Agrace Supportive Care can help find ways to feel more comfortable and less stressed, despite having a serious illness. This specialized medical care (also called "palliative care") comes to your home. A nurse or doctor takes time to hear about the whole you, not just your symptoms, but also your worries, hopes, goals and treatment options. These services are funded by Medicare part B. There is also inpatient hospice and memory care options at no cost to the patient.

Agrace also provides Grief Support. Their grief support specialists understand and know how to help. They offer professionally led grief support groups, one on one grief support and community grief support for schools and businesses.

AGRACE HOSPICECARE

Volunteers Needed in Dane County

Volunteers are needed to provide companionship to clients at the Agrace Adult Day Center. Agrace will host orientation for new volunteers Thursday, June 15, from 1 p.m. to 3 p.m. at its Madison campus. Pre-registration is required. To register, call (608) 327-7163 or visit Agrace.org/Volunteer and fill out an application.

Grief Support Group Options

- **Bridges** meets June 7 and 21, from 5:30 p.m. to 7 p.m., at the Agrace Grief Support Center.
- **Bridges (virtual)** meets online June 14 and 28, from 9:30 a.m. to 11 a.m., via Zoom.
- **Young Adult** meets June 8, from 6 p.m. to 7:30 p.m. at the Agrace Grief Support Center.

Pre-registration is required for all groups. For details, fees or to register, email griefsupport@agrace.org or call (608) 327-7110.

Get Expert Customized Grief Support—by Text

Agrace now offers thoughtful, customized text messages from a service called Help Texts. It's free and you can sign up even if you are also receiving grief support individually or in a group. To sign up or learn more, visit HelpTexts.com/Agrace.

In-home Support from Age at Home Can Boost Well-being

Do you care for or know an older adult who could benefit from non-medical home care services? Social interaction, like a daily visit from an Age at Home companion, can boost a senior's well-being and also ensure that they safely shower, dress, take medications and eat well. If you think the support of an Age at Home companion could help someone you love, call (608) 327-7456 or visit AgeatHome.org.

RIVER FOOD PANTRY

Monona UMC is still collecting egg cartons of all sizes.

Paper grocery bags are always in high demand for The River as are plastic grocery bags. They also will take any non-perishable and shelf stable goods. Some other highly requested items for The River include:

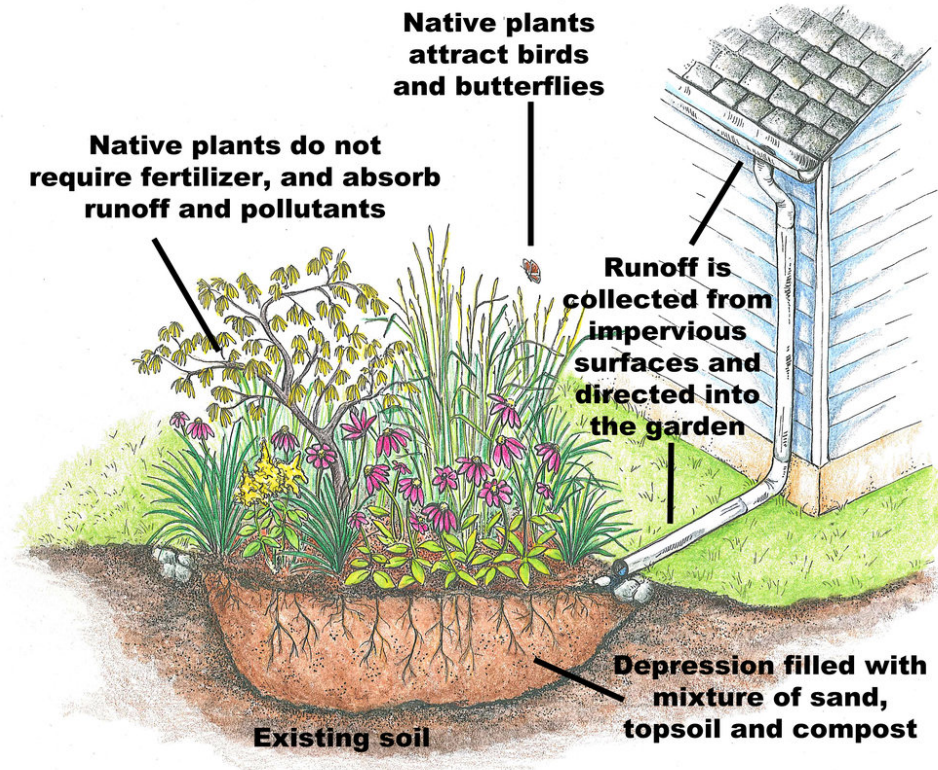
- 100% juice products
- low sugar cereals
- Tuna Helper and tuna
- disposable diapers all sizes, (including adult sizes)

FOOT CLINICS/VOLUNTEERS

Did you know that Monona UMC is hosting the NewBridge Foot Clinic in our Fellowship Hall three Tuesdays a month? NewBridge is partnered with Registered Nurse Gail Owens and Nail Technician SueHasey to provide foot care for older adults 60+. The cost is \$25 and we ask that you bring two towels. Appointments are required by calling (608) 512-0000.

NewBridge is also looking for **Foot Clinic volunteers to help with their foot clinics.** Please contact the church office for more information.

FOR THE LOVE OF GOD'S CREATION
 ...BE WATER WISE...



Church and Society

\$ Financial Report \$

Cash Flow
 April 30, 2023

<u>General Fund</u>	<u>Month</u>	<u>Year to Date</u>
Income	\$ 21,797	\$ 99,835
General Operating Expenses	21,889	93,387
Net Surplus (Shortfall)	\$ (92)	\$ 6,448

STEWARDSHIP - AI GENEROSITY

AI (Artificial Intelligence) has been all over the news lately as technology companies begin to break new ground with things like ChatGPT. The conversation usually centers around whether AI technology will be helpful (increasing productivity), harmful (taking people's jobs), or cataclysmic (leading to machines taking over the world).

Out of curiosity, I asked one of my social media apps that has AI to tell me a story about the impact of generosity. This was its response.

“Once there was a wealthy businessman who decided to donate a significant portion of his fortune to charity. He gave to several causes, including education, healthcare, and the arts. His donations enabled many people to access opportunities they would not have had otherwise.

One of the students who benefited from the businessman's donation was a young woman who had grown up in poverty. She was able to attend college and pursue her dream of becoming a doctor. After graduating, she went on to work in a rural clinic, where she helped many people who had limited access to healthcare. The young woman's work inspired others to follow in her footsteps, and soon the clinic became a hub for community development.

The businessman's generosity had a ripple effect that touched countless lives and transformed a whole community.”

I (Jason not the AI) thought that was a pretty good story. I will say, however, it is nowhere near as meaningful as stories I've heard people tell about how they were personally touched by someone's generosity or how being generous changed them. It's not just the story that's inspiring, but the personal, human element that is inspiring.

With that in mind, I'd encourage you to share stories of how your church's ministry either made a difference in your life or you have been impacted by the practice of generosity. It is through the telling and hearing real life stories that generosity spreads and lives are changed.

Rev. Jason Mahnke,

Wisconsin United Methodist Foundation, 888-903-9863 or www.wumf.org

The Life and Ministry of God's People In Monona United Methodist Church

June 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NEWSLETTER DEADLINE Newsletter Deadline June 25 Information arriving after the above date may not be in the July newsletter. Remember, you can FAX your article to 608-222-2395 or email to secretarymumc@sbcglobal.net						
				1 Pastor Paul at Conference workshop- Steven's Point	2 Pastor's Day Off 10am Game Day-Fellowship Hall 10am Upstairs Narthex in Use	3 9-11am Food Forest Work Day 9am-4pm Conference led event-fellowship hall 9am-3pm Revive CPR class-Upstairs
4 <u>See schedule below</u>	5 6-8pm Girl Scouts	6 1:00 Staff Mtg	7 10am Upstairs Narthex in Use 2-4pm Caregivr Support	8 1:00 Zoom Church / Society at church	9 Annual Conference thru June 12 10am Upstairs Narthex in Use 1-3pm Mah Jongg-Cry Room	10 8am-5pm Girl Scouts - fellowship hall 9am Men's Grp Breakfast-Denny's
11 <u>See schedule below</u>	12 11am Hilltoppers	13 9:30-12:15 NewBridge Foot Clinic F.H. 1:00 Staff Mtg	14 10am Upstairs Narthex in Use	15 6:30pm Accountable Leadership Board Meeting-fellowship hall	16 Pastor's Day Off 10am Upstairs Narthex in Use	17 9am-3pm Revive CPR class-fellowship hall
18 Father's Day <u>See schedule below</u>	19	20 9:30-12:15 NewBridge Foot Clinic F.H. 1:00 Staff Mtg	21 10-11am RSVP Knit/Stitch-hall 10am Upstairs Narthex in Use	22 1:00 Zoom Church / Society at church	23 Pastor's Day Off 10am Upstairs Narthex in Use 1-3pm Mah Jongg-Cry Room	24 11am-1pm Garden Brunch
25 <u>See schedule below</u> Newsletter Deadline 11:15 VBS Meeting Graduation Sunday	26 10am-3pm Monona Quilters-F.H	27 9:30-12:15 NewBridge Foot Clinic F.H. 1:00 Staff Mtg	28 10am Upstairs Narthex in Use	29	30 Pastor's Day Off 10am Upstairs Narthex in Use	
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="width: 60%;"> <p><u>SUNDAY SCHEDULE</u></p> <p>10:00 Worship</p> <p>11:00 Fellowship</p> <p>1:00 El Libertador Worship in Spanish</p> </div> <div style="width: 35%; text-align: right;">  </div> </div>						

MONONA UNITED METHODIST CHURCH

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ADDRESS SERVICE REQUESTED

The HILLTOP HERALD is produced monthly for distribution to the members and friends of Monona United Methodist Church.

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Kay – secretarymumc@sbcglobal.net

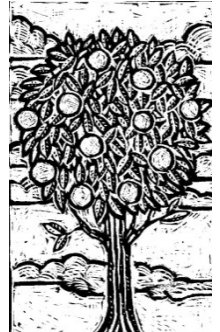
Mark – markbmumc@gmail.com

Worship 10:00am

JUNE 2023

WISCONSIN FOOD FOREST WORK DAY

“Connecting communities through food forests.” That’s the mission of Wisconsin Food Forest. This non-profit helps design, create, guide, instruct, and plant edible trees, shrubs, herbs, flowers, and ground cover. We will be planting edible herbs and flowers! Nasturtiums, Johnny-Jump-Ups, Borage, Calendula, and several perennial herbs like Chives, Oregano, Thyme, and Sage. Come helps us grow this community outreach project!



Saturday, June 3 from 9 to 11 AM

Learn more about this innovative and inspiring organization at <https://www.wisconsinfoodforests.com/>

To join the fun contact Mark Buffat at markbmumc@gmail.com or 608-335-5063

