



Open Inquiry What is the Good Life?

March 11, 2018

C3-West Michigan's Inclusive Spiritual Connection is a vibrant, values-based Community in an evolving world that inspires and empowers members in their quest to live a good life. We, in turn, engage and support others in the work for justice and compassion everywhere.

Kent Dobson
Lead Teacher

Malea Nicolet
Office Manager

Marianne Fischer
Musician Coordinator

Carley LaVercombe
Youth Mentor

Karen Ryan
Children's Program

Mary Crouse
Nursery Care

Charles Gue
Sound Technician

Steve Weideman
Sound Technician

Carma Adams
Technical/C3 Podcast

Todd Kuypers
Facility Support

Financial Update

Thank you to the generous donors who make C3 possible!

February & YTD Totals/February 2018

Income	Expense	Variance
\$9,905	\$18,249	\$(8,344)

YTD 2018

Income	Expense	Variance
\$23,660	\$42,662	\$(19,001)

*any community member wanting details may contact C3 Treasurer Andy Cawthon at cawthon01@gmail.com

Welcome & News of the Community

Cathy Saurman

Welcome!

*We are grateful to have you with us today.
We invite you to introduce yourself to a lobby host or volunteer.*

Gathering Music

Kate Pillsbury and
Emilee Petersmark

Nothing At All

Happy is the man who wants for nothing
Happy is the liar
Happiness is itself desire
So long as the fire can be contained

Do you ever want nothing at all?
I do

Heartbroken men long to feel nothing
To free themselves from strife
And though pain doesn't define the man
It sure lends a hand in measuring the sweeter parts of life

Do you ever feel nothing at all?
I do
I would not wish that on you

Gathering Words

Sandy Kate Stephens

One: Your life is not about you.
All: **You are about your life.**

----Richard Rohr

Children's Message

Shannon McMaster

At C3 we welcome and honor children as unique and precious souls. Each week we invite kids under twelve down front for a brief children's message. Afterward they are welcome to stay in the service or may follow the teacher downstairs for a safe and child-oriented experience.

Participants

Teacher

Kent Dobson

Musicians

Kate Pillsbury and Emilee Petersmark

Welcome & News

Cathy Saurman

Reader

Sandy Kate Stephens

Meditation

Mary Ackerson

Children's Message

Shannon McMaster

Children's Volunteer

Wayne Johnson

Hosts: White Team

Patti Baldus
Chrys Moelter-Gray
Debbie Gianetti
Kathy Smith
Mark Smith

Ushers: White Team

Barb VanLeeuwen
Jerry VanLeeuwen
David Dean
Jane Horton
Dan Horton
David Lewis
Barb McNab

The Blue Host and Usher Teams
serve next week.

Office Hours:

Monday, March 12
9:00 a.m. - 1:00 p.m.

Wednesday, March 14
9:00 a.m. - 3:00 p.m.

Friday, March 16
9:00 a.m. - 2:00 p.m.

Kent's hours

Variable on site: *Please call ahead to set
an appointment with Kent if you wish to
have time with him.

Readings

[Gross Domestic Product] measures everything except that
which makes life worthwhile. And it can tell us everything
about America except why we are proud that we are
Americans.

--Robert Kennedy,
quoted in the Atlantic, June 20, 2011

Since our goal and the purpose of life is happiness, what is
happiness? Sometimes physical suffering can even bring a
deeper sense of satisfaction like with an athlete after a
grueling workout. So "happiness" means mainly a sense of
deep satisfaction. The object of life or our goal, then, is
satisfaction.

--Dalai Lama

Mindfulness Moment

Please focus on stillness and the present moment.

Meditation

*Each week, we have the privilege of hearing a meditation from a
community member on our month's theme.*

Mary Ackerson

Musical Reflection

I Talk in My Sleep

Kate Pillsbury and
Emilee Petersmark

Teaching

Is The Good Life A Happy Life?

Kent Dobson

Shared Responsibility

*C3 is a community-led organization that depends on your generous
donations. Your donations and volunteer support keep
the Sunday experience vibrant and help us do important work in the
community. Your donations in the Shared Responsibility basket,
through our website, or via direct deposit are gratefully received.
Please consider helping us take the next steps in our growing
community.*

C3 Community

Musical Celebration

New Discovery

Kate Pillsbury and
Emilee Petersmark

Sandy Kate Stephens

Upcoming Speakers

March 18: Katie Gordon
March 25: Kent Dobson
April 1: Jenny Atlee-Loudon
April 8: Rachel Gleason

Upcoming Announcers

March 18: Valerie Engeltjes
March 25: Joan Cook
April 1: Bob Kleinheksel
April 8: David Dean

Upcoming Musicians

March 18: Thunderbolt and Lightfoot
March 25: Libby DeCamp
April 1: Hannah Rose Graves
April 8: Molly

Upcoming C3 Kids' Time

March 18: Kevin Blanding
March 25: Cindy Dobrez
April 1: TBA
April 8: TBA

Upcoming Readers

March 18: Joan Cook
March 25: Cindy Dobrez
April 1: Ruth Simon
April 8: Karen Cotton

Upcoming Meditations

March 18: David Dean
March 25: Patti Baldus
April 1: Leslie Newman
April 8: Bob Kleinheksel

Upcoming C3 Kids Volunteers

March 18: Nancy Owens
March 25: Shannon McMaster
April 1: Sally Alderink
April 8: Patti Baldus

Music News:

Please welcome Kate Pillsbury and Emilee Petersmark back to C3! Kate and Emilee are part of the wildly popular indie-folk band, The Crane Wives. The band formed in late August 2010 and has released four full length albums, "Safe Ship, Harbored" (2011), "The Fool In Her Wedding Gown" (2012), "Coyote Stories" (2015), and "Foxlore" (2016). Please support our musicians by stopping by the musicians' table in the lobby after our Gathering! NEXT WEEK: Thunderbolt and Lightfoot!

Closing Remarks

Cathy Saurman

Affirmation

One: The unexamined life
All: **is not worth living.**

--Socrates

Closing Music

Easier

Kate Pillsbury and
Emilee Petersmark

If you woke and I was gone from the house we made our home,
Would it bend you, break you, overtake your heart like it did my own?

And if I were someplace else, would this be easier?

The only peace I have ever known is the peace I made with you.
I won't move, but I can't stay here, so what the hell am I supposed to do?

And if I were someone else, would this be easier?

I try to keep it in my head
The need to leave this empty bed
And be nobody instead
Because it's easier.

I'll learn to lie,
I'll learn to grow,
I'll learn to hold it for a while and let it go.
I'll learn to take,
I'll learn to keep -
Please tell me someday I'll at least be able to sleep.

And if I were someone else,
And if I were someplace else,
If I were not myself,
Would this be easier?

I'm at a loss for better plans,
'cause this is all that I have,
so I'll just close my eyes and try to pretend
that it gets easier

C3 Vision: *C3-West Michigan's Inclusive Spiritual Connection is a vibrant, values-based Community in an evolving world that inspires and empowers members in their quest to live a good life. We, in turn, engage and support others in the work for justice and compassion everywhere.*

C3 Mission: to enrich and empower the lives of all people in body, mind, and spirit.

Our Community evolves and grows by:

Welcoming all who share our vision, regardless of their path through life;
Encouraging and supporting the exchange of ideas as a means of personal growth;
Taking responsibility for our actions in the Community and the world;
Accepting one another unconditionally;
Participating in the life of the Community;
Honoring the dignity of every individual;
Promoting ourselves and our mission, vision, and values through selected media and through our activities in our local communities.

We engage the greater community by:

- Participating in social justice programs, projects, and education;
- Supporting programs and initiatives to create diverse, integrated communities;
- Encouraging civil discourse and learning with interested citizens on issues of importance for the local communities;
- Acting to ensure a sustainable natural and social environment, and;
- Asserting that our common humanity is more important than any individual differences.

C3 Values: These values guide us, and challenge us to define and live a good life. We value and celebrate:

- COMMON HUMANITY. We respect the dignity and worth of every individual.
- DIVERSITY. We affirm all people and embrace all genders, sexual orientations, and ethnicities.
- OPEN INQUIRY. We pursue the free exchange of ideas, explore the lessons of science, philosophy, and the creative arts, and undertake independent spiritual journeys.
- COMPASSIONATE ACTION. We strive to safeguard and extend human rights, peace, and social justice, locally and globally, as individuals and jointly with others.
- CARE FOR THE EARTH. We care for our Earth home with mindfulness and responsibility for ourselves and for future generations.
- WELL-BEING. We promote wholeness and wellness of mind, body, and spirit, recognizing our self responsibility, interrelatedness, and interdependence.

Let's be in touch!

C3 West Michigan's Inclusive Spiritual Connection
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