



9 a.m. **Pre-Talk & Awakenings**
 10 a.m. **Gathering**
 10 a.m. **C3 Kids** with **Joyce Cawthon**
 and volunteer **Charity McMaster**
 11 a.m. **Talk Back**

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White Team Hosts: Patti Baldus, Kathy Humphrey, Chrys Moelter-Gray, Debbie Schubert

White Team Ushers: John Leitner & Cindy Krause Leitner

Welcome Table: Sarah Jacobs

Next Week: Blue Team

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C3 Board of Trustees
Chair: Sally Alderink
Vice-Chair: Teresa Colbry
Secretary: Valerie Engeltjes

Treasurer: Shannon McMaster

Trustees: Beth Buelow, Andy Cawthon, Kim Crozier, Tom Edwards, Kathy Humphrey, Wayne Johnson, and Rod Van Abbema

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Next Week!

Speaker: Kent Dobson

Musician: Matt Gabriel

Meditation: Nelleke Knarr

Gathering Host:

David Dean

Kids' Volunteer:

Eleanor Hills



c3westmichigan.org/support

Sunday, September 24, 2023
We Have Questions: Is the Unconscious Real?

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Speaker: Kent Dobson has been the lead teacher at C3 since 2017. He's also in the guide-in-training program at Animas Valley Institute in Colorado, an organization specializing in wilderness intensives. Kent leads Israel study tours, wilderness retreats, and has his own podcast called *Hints and Guesses*.

Musician: Loren Johnson of Grand Rapids has released several discs: *Sleepsick* in 2016, which rose to iTunes Top 10 best new singer-songwriter releases; *Into the Morning*, released just as the pandemic lockdown happened; a single, *Patterns*, in 2021; and a single, *Winter*, in January, 2023. Her vision is to be creative with the people she loves in the places she adores, and have a good time doing it.

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Music: Loren Johnson
Gathering Host: Sandy Kate Stephens
Music: Loren Johnson
Meditation: Beth Buelow
Moment of Silence
Reading/Teaching: Kent Dobson

Properly speaking, the unconscious is the real psychic; its inner nature is just as unknown to us as the reality of the external world, and it is just as imperfectly reported to us through the data of consciousness as is the external world through the indications of our sensory organs.

-Sigmund Freud, *The Interpretation of Dreams*

The unconscious - that is to say, the 'repressed' - offers no resistance whatever to the efforts of the treatment. Indeed, it itself has no other endeavour than to break through the pressure weighing down on it and force its way either to consciousness or to a discharge through some real action.

-Sigmund Freud, *Collected Papers Vol. V*

Dreams are impartial, spontaneous products of the unconscious psyche, outside the control of the will. They are pure nature; they show us the unvarnished, natural truth, and are therefore fitted, as nothing else is, to give us back an attitude that accords with our basic human nature when our consciousness has strayed too far from its foundations and run into an impasse.

- C.G.Jung, *Collected Works 10*

Music: Loren Johnson
Gathering Host: Sandy Kate Stephens
Music: Loren Johnson



Autumn Kickoff Bonfire and Social – Tonight at 6 p.m.

Dress for an evening outside, rain or shine, **this evening at 6 p.m.** at **Mulligan's Hollow Ski Lodge**, right next to the Tri-Cities YMCA off Harbor Drive. We have plenty of room inside and out, and it's ADA accessible. You can drive up to the lodge to drop off but **all parking is in the YMCA parking lot**. Please **sign up** at the Outreach Table this morning **specifically for what food you are bringing**. BYOBeverage—alcohol is allowed, and bring your place setting, utensils and cups.

Two Big Dates Coming Up

October 22: This is Kent's last Sunday with C3 as our lead teacher. After the Gathering, we'll have a time of thanks and farewells similar to our five-years-with-Kent celebration last year.

November 5: Our annual meeting is now being held in November so more of our community can attend. At this time of transition, it's more important than ever that we celebrate C3 and our commitment to it—and each other!
Both events will take place immediately after the Gathering.

C3 Summer Fundraiser - Pledges Now Due

If you pledged to one of the bikers or swimmer for the Summer Fundraiser, please connect with that person to learn their final accomplishment and redeem your pledge. Checks should be made out to **C3 West Michigan**, with *Biking (or Swimming) for C3* in the memo line.

Small Bites

A **huge thank you** to **Teresa Colbry, Cheryl Van Abbema, and Kathy Smith** for being such generous Small Bites volunteers. As they step away, we welcome two new volunteers: **Cindy Van Ittersum** and **Betty Porter** have agreed to provide goodies on the first Sunday of the month (Cindy), and the second (Betty). We could use a couple more regulars, and some who'd be willing to sub when needed. Let Patti Baldus know if you're willing! Thanks!

Welcome, Eli!

Welcome to **Eli Colbry** (son of Teresa), who has taken Claude's place as our set-up and tear-down person! Eli is a busy young man—he works at Morningstar Café, is taking classes at GRCC in Computer Science/Networking, and now will be here at C3 each Sunday morning. Eli has low vision, so if he doesn't recognize you right away, he's not ignoring you!

C3 Logo T-Shirts

If you pre-ordered a C3 logo t-shirt and didn't pick it up last week, please pick it up today at the Outreach table! If you missed ordering a t-shirt, add your name to the signup sheet. Once we have 25 names, we will take pre-orders again.

Board of Trustees Election Nomination Period

The nomination period for Board of Trustees candidates is quickly coming to a close on October 1. Anyone interested in running for office should contact a current board member. Please consider applying and encourage other potential candidates to apply.

Thanks from Muskegon Heights Schools

Shelly Kurth, principal at Martin Luther King School in Muskegon Heights, sent a note of thanks for the donation of school supplies, which ended with "Wow! We are blessed by it!"

Sunday Dinner Group

Join in the fun, food, and festivities at Mulligan's Hollow this evening, 6 p.m.

C3 Book Club and Friends

We next meet on **October 17**, to discuss *The Sun Does Shine: How I Found Life and Freedom on Death Row* by Anthony Ray Hinton.

Adopt-A-Highway

Our fall Adopt-A-Highway cleanup is **Saturday, September 30**. The cleanup is from **10 a.m. to noon** and we need lots of volunteers! (If necessary, the rain date is **Sunday, October 1**, after the Gathering). Sign up at the Outreach table or via email (tedwards@designallegro.com).

Vigil for Peace and Justice

Our vigil continues through November each **Saturday** from **noon to 1 p.m.** along Washington Avenue at Central Park.

C3 Men's Club

C3 Men's Group meets from **7 to 8:30 p.m. on Tuesdays** at the American Legion Hall on Harbor Drive.

Community Care and Concern

Contact: **Cheryl Van Abbema, 616-402-3108; Mike and Charlotte Rozich, 517-918-5483 or 517-918-5464.**

Lynne Deur will undergo multi-stage procedures to receive a cochlear implant starting this week. She and Jean will remain in Michigan until she has the implant and is comfortable with it. Cards can be sent to Lynne at 18332 N. Shore Estates, Spring Lake, MI 49456.

Jean Regester had surgery on a broken left ankle on September 11. She anticipates being homebound for several weeks and welcomes notes, texts and prearranged visits. If you visit and can take something, check to see if she needs a single-serving supper for that day. Her address is 17541 Park Place Circle, Spring Lake, MI 49456 / 616-822-1414 / jmreeg@comcast.net

Barb Van Leeuwen's treatment continues. Cards or notes may be sent to Barb via text or email or at home: 2669 Weatherby Hills Drive SE, Grand Rapids 49546.