



9 a.m. **Pre-Talk & Awakenings**
 10 a.m. **Gathering**
 10 a.m. **C3 Kids** with **Miss Mary** and volunteer **Sandy Kate Stephens**
 11:00 a.m. **Talk Back**

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White Team Hosts:
Patti Baldus, Kathy Humphrey, Chrys Moelter-Gray, Debbie Schubert
White Team Ushers: Jerry and Barb VanLeeuwen, John Leitner and 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: Beth Buelow
Musician: Spencer LaJoye
Meditation: Wayne Johnson
Gathering Host: Rod Van Abbema
Kids' Volunteer: Charity McMaster



Sunday, October 29, 2023

We Have Questions: How Can We Honor the Bones of Our Ancestors?

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Speaker: Ruth Zwald, retired social worker/minister, makes her home on a farm, starting every dawn with good coffee and the crow of the rooster. She is a Mesa Carrier on the Peruvian Medicine Path, which involves personal healing, transformational healing for others, and creating ceremony and ritual for ourselves and for the earth.

Musicians: Foliás Duo, flutist Carmen Maret and guitarist Andrew Bergeron, are a married couple whose unique interpersonal performer-composer collaboration of twenty years breathes new life into classical music. Their music melds characteristics of European classical music with jazz, world music, and the art of improvisation.

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 Music: **Foliás Duo**
 Gathering Host: **Nelleke Knarr**
 Music: **Foliás Duo**
 Meditation: **Charlotte Rozich**
 Moment of Silence
 Reading/Teaching: **Ruth Zwald**

The ancestors want you to know, you are not required to carry their pain. Your mother did not spin the web that nets you, you wove it from your own desire. Yesterday's rain won't nourish this flower; the new sun drank last night's tears.

Your grandmothers are singing for you to birth your own unbearable happiness. Your grandfathers' bones are praying for you to hunt the sweetness in your own marrow. You think you must stand like a warrior in the withering crossfire of your father's blood. But what wounds you is the wavering blade of your mind, slashing the past and future.

If you insist on making reparations, plant a wild pine; let it be a tree of Presence. You cannot pay them for the privilege of breathing, for awakening this solitude of beauty. They need no libation, they thirst for no offering. They are not hungry ghosts, but earthworms who luxuriate in loam, shards of sunlight lodged in magnolia blossoms. Do not carry them; they do not carry you. They bear their own grief and laughter. The past is vanishing smoke, the flame is now. Be christened with this breath; name yourself. You sleep alone in the chamber of your ribs. No one else enters and leaves your lungs. A mother kissed you, a father held you; you owe them nothing for this. They did it for themselves; now let them be about the business of their next childhood.

Father your heart, Mother your body. Hold and kiss new sparkling babies. Give them your grandmother's name if you must, but not as a weight, not as a brand on the hip; but as a prayer, a promise of astonishment for what has not yet been conceived.

- Alfred LaMotte, *What the Ancestors Want*

Music: **Foliás Duo**
 Gathering Host: **Nelleke Knarr**
 Music: **Foliás Duo**



Celebration of Gratitude

What a lovely celebration and farewell we had last Sunday after the Gathering. It was so nice that Kent's family was there to mark the occasion as well. Thanks to everyone who planned, contributed food, labor, and good energy to mark Kent's last Sunday with us as Lead Teacher.

A Note of Thanks from Kent

*Last Sunday was such an important day for me, and I want to express my deepest gratitude. I felt warmly supported and loved by the community. I will miss all of you. I also want to thank each of you for your thoughtful cards and gifts. It was very moving to read each note, and your gifts were an unexpected surprise. I'm so grateful our paths crossed. You have taught me so much. I believe in C3, and know you'll face the future with confidence and creativity. I hope to return down the road as a guest speaker when I'm in town.
Much love and appreciation ~ Kent*

An Exciting Opportunity at C3!

In the coming months, we will be hiring an Executive Director to join the C3 leadership team. Duties for the Executive Director will include everyday operational and administrative responsibilities as well as long-term and special activities that support our mission. Full details at C3westmichigan.org/employment. Resumes due by 10/31. Please help us spread the word!

C3 Community Annual Meeting

Make a special note on your calendar to attend the Annual Meeting on November 5! It will be held right after the Gathering and is a wonderful way to celebrate C3 and each other. You'll get a chance to elect new Board of Trustees members, honor this year's outstanding volunteer, and learn about all the many activities that are going on that make this unique, community-driven organization thrive. We have a slate of three candidates for the Board, whose bios are available on the table at the entrance. Please thank retiring Board of Trustees members Sally Alderink, Valerie Engeltjes, and Tom Edwards for their time and effort in service to the C3 community. This year, especially, it's vital that we all stay informed about the many changes going on and how C3 continues to make its unique contribution to the greater community. Be sure to be there!

Week 3@C3: Doctors without Borders / Israel & Palestine

We will be delivering care and compassion to the good people of Israel and Palestine by contributing to Doctors without Borders/Médecins sans Frontières (MSF). This organization provides independent, impartial medical humanitarian assistance to the people who need it most. Gifts may be given through November 19 in the following ways:

1. Check made out to "C3 - Spiritual Community" with notation "Week 3@C3" in the memo line.
2. Cash in an envelope with "Week 3@C3" noted on the outside of the envelope.
3. Credit card: See Chase at the sound table, and remind him that your gift is for Week 3@C3. BULLETIN Sunday, October 29, 2023

Submitting Information for the C3 Update and C3 Matters

Newsletter and bulletin submissions for October 30 - November 16, should be sent to Annie Wassmann: awassmann@wassmannndesign.com and Becky Park: frontdesk@c3westmichigan.org. Thanks!

No C3 Men's Club on Halloween

The Men's group will not meet this Tuesday, October 31. The November 7 meeting will resume at Ted Larned's home, 17420 W. Spring Lake Road, Spring Lake, MI 49456

Sunday Dinner Group

Sunday dinner today at The Kirby at 5:30 p.m.—sign up at the Membership table.

C3 Book Club and Friends

At our next meeting, 6:30 p.m. at The Bookman, on November 21, we will discuss *The Henna Artist* by Alka Joshi.

Vigil for Peace and Justice

Join us from noon to 1 p.m. on Saturdays in November along Washington at Central Park to advocate for much needed peace.

Dine with Nine

Sign up today with Joyce Cawthon for Saturday, December 9!

Women's Journey Returns

A large, lively group of women met at The Bookman on Monday evening. The next meeting will be on Monday, November 20, 6:30 p.m. Bring paint chips for our poem-writing activity.

Honor and Memorial Giving

New C3 member **Kerry Fitzgerald** made a donation in memory of her mother, Janice Fitzgerald.

Community Care and Concern

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

Patricia Johnson had knee-replacement surgery last week. Cards can be sent to 220 Sherman Avenue, Grand Haven, MI 49417, or by email: wpkzgh@chartermi.net.

Jean Register has moved to Mary Free Bed for stroke recovery therapy. Room 3327, Mary Free Bed Rehabilitation Hospital, 2235 Wealthy Street SE, Grand Rapids, MI 49503-5299. Calls or texts at 616-822-1414. Caring Bridge at caringbridge.org/visit/jeanregister.

It was great to see **Barb and Jerry Van Leeuwen at C3** last Sunday!

Tom Webber had back surgery on Wednesday this week. Cards may be sent to 13897 Van Buren Street, Holland, MI 49424.