



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**  
*White Team Ushers:*  
**Jerry & Barb Van Leeuwen, John Leitner & Cindy Krause- Leitner**  
*Welcome Table:*  
**Sarah Jacobs**  
*Next Week: Blue Team*

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*C3 Board of Trustees*  
**Tabitha Blanski, Beth Buelow, Andy Cawthon, Teresa Colbry, Karen Cotton, Kim Crozier, Cheri Eschenaur, Kathy Humphrey, Wayne Johnson, Rod Van Abbema, Tod Wyn**

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**Next Week!**  
*Speaker: Matthew Laidlaw*  
*Musician: Aleksí Campagne*  
*Meditation: Nelleke Knarr*  
*Gathering Host: Tod Wyn*  
*Kids' Volunteer: Patti Baldus*



c3westmichigan.org/support

**Sunday, January 7, 2024**  
**Where Do We Go from Here? Learning How to Own Our Story**

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*Speaker: Brad Ruggles* is a former pastor who deconstructed (and later left) the faith he was raised in after 18 years of ministry. He is an adventurer, a psychonaut, and a lifelong learner. He and his wife, Lisa, currently reside on land previously occupied by the Odawa tribe (Holland, MI) with their dog Bella.

*Musician: Spencer LaJoye* is an East Coast singer/songwriter from the Midwest making queer indie folk music for everyone. The 2021 Kerrville Songwriting Competition winner spins crystalline vocals through a loop pedal while strumming an acoustic guitar in charming, banter-heavy performances that keep audiences laughing one moment and weeping the next.

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 Music: **Spencer LaJoye**  
 Gathering Host: **Rod Van Abbema**  
 Music: **Spencer LaJoye**  
 Meditation: **Wayne Johnson**  
 Moment of Silence  
 Reading/Teaching: **Brad Ruggles**

This being human is a guest house. Every morning a new arrival. A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor. Welcome and entertain them all! Even if they're a crowd of sorrows, who violently sweep your house empty of its furniture, still, treat each guest honorably. He may be clearing you out for some new delight. The dark thought, the shame, the malice, meet them at the door laughing, and invite them in. Be grateful for whoever comes, because each has been sent as a guide from beyond.  
 – Rumi, 13th Century Sufi Mystic

They [dark emotions] are part of the universal human experience and are certainly worthy of our attention. They bring us important information about ourselves and can be vehicles of profound transformation."  
 – Miriam Greenspan, *Healing through the Dark Emotions: The Wisdom of Grief, Fear, and Despair*

A marker of healing from religious trauma is not simply the process of deconstructing one's worldview and identity and rebuilding a new one; it is also the willingness to remain open to shifting and changing over the course of one's life.  
 – Laura E. Anderson, *When Religion Hurts You: Healing from Religious Trauma and the Impact of High-Control Religion*

We own our stories so we don't spend our lives being defined by them or denying them. And while the journey is long and difficult at times, it is the path to living a more wholehearted life.  
 – Brené Brown, *Rising Strong: The Reckoning*.

Music: **Spencer LaJoye**  
 Gathering Host: **Rod Van Abbema**  
 Music: **Spencer LaJoye**



### Successful Fundraiser!

We learned last Sunday that we met our Year-End Fundraiser goal of \$28,400—and exceeded it by 16 percent! We raised \$33,000 for the continued operation of C3! How awesome is that? Thanks to everyone who gave so generously to reaffirm how special C3 is, and how important that we continue to be a positive presence in the community.

### Those Last Two Sundays in December

The Sunday Gathering Team is grateful for the C3 members who took on the role of teacher for our last two Gatherings! If you missed either of these two special Sundays, you can watch those Gatherings on C3's Facebook page.

Thanks again to **Tod Wyn, Pam Park, Ira Engeltjes, Jeff Crandle, and Gordy Alderink** for their "I am C3" stories, and to **Berny Snoeyer** and **Beth Buelow** for their conversation based on Berny's book, *The Wolfert Letters: Family and Friend Correspondences During World War II*. The 178-page book is \$10. If you would like to purchase a copy of the book, scan this QR code:



### News from the BOT

The members of the C3 Board of Trustees for 2024 are listed on the front of the bulletin. They meet for the first time on January 10, and the new executive committee will be elected that evening.

### Week 3@C3

Thank you to all who helped make our Week 3@C3 **Second Annual Seasonal Greeting Card Blizzard** a success. 231 cards were delivered to four local care centers. Please note that in January there will be no Week 3@C3 project; we will resume in February.

### Sunday Dinner Group

Sign up at the Member Table to join the Sunday Dinner Group tonight at 5:30 p.m.

### C3 Men's Club

The C3 Men's Group will meet on Tuesday, January 9, 7 to 8:30 p.m., at St. John's Episcopal Church in Grand Haven, Room B. Contact Phil Koster at 616-402-1751 for more information.

### C3 Book Club and Friends

At our December meeting we selected 16 amazing books for the coming year! Come to our next meeting at The Bookman at 6:00 p.m. (note time change) on January 16 to discuss *Klara and the Sun* by Kazuo Ishiguro. We will also assign the books for February - May at that meeting.

### Women's Journey

Our January meeting will be on Monday, January 15, at 6:30 p.m. at The Bookman.

### Small Bites

Your generosity and willingness to bring us treats on a regular (or emergency) basis is a valued part of our Sunday morning experience! If you'd like to join the group and bring some treats to our Gathering on a once-per-month basis, contact Patti (patbaldus5@gmail.com). We always welcome new volunteers!

### Year in Review

Be sure to check your inbox for the Friday, December 29, edition of the C3 Update. It features the 2023 Year in Review. You don't want to miss reading about everything C3 did last year!

### Community Care and Concern

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

### Pastor Tim from Life Church and his family

lost their home and everything in it, including pets, to a fire, while they were out of town recently. We plan to collect funds to provide a gift card from Meijer, which can be used for food, clothes, household items to help them with a new start, or even gas for the car if needed. Creative, crafty people might be inspired to make something for them, to make a new place feel like a home. Contact **Charity McMaster** if you have items to donate, or make a monetary donation to C3 with "Family in Need" in the memo field.