



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

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Green Team Hosts:
Karen Cotton, Tom Tosa, Marian Mulette, Sandy Kate & Chuck Stephens
Green Team Ushers:
Wayne Johnson, Jane Curtis, Kathy Tosa
Welcome Table:
Kathy Smith
Next Week: Red Team

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

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Shannon McMaster,
Executive Director
smcmaster@c3westmichigan.org

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Next Week!
Speaker: **Mary Balkon**
Musician:
Mike Ward: Psychosongs
Meditation:
Rod Van Abbema
Gathering Host:
Beth Buelow
Kids' Volunteer:
Sandy Kate Stephens

Sunday, January 28, 2024
We Have Questions: How Can We Best Live a Fulfilling Life?

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Speaker: **Joe Pittenger** is a humanist chaplain, non-profit program director, and life and career coach based in Toledo, Ohio. He is dedicated to guiding individuals towards their fullest potential by encouraging compassionate, loving action. He earned a Master's of Practical Theology and Bachelor's of Sociology from Mount Vernon Nazarene University, certifications in life and career coaching from Transformation Academy, a "Science of Well Being" certification from Yale University, and a chaplain endorsement from The Humanist Society.

Musician: **Josh Rose**, teacher and song craftsman, grew up in the northern woodlands and fine-tuned his songwriting in the borderlands. He has spent the past ten years touring the Midwest, teaching, writing, and creating a rich body of work. He is the type of writer who labors over every word and wants his song to be injected into the listener's permanent being.

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 Music: **Josh Rose**
 Gathering Host: **Mary Ellen Mika**
 Music: **Josh Rose**
 Meditation: **Charlotte Rozich**
 Moment of Silence
 Reading/Teaching: **Joe Pittenger**

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 "The question of love is one that cannot be evaded. Whether or not you claim to be interested in it, from the moment you are alive you are bound to be concerned with love because love is not just something that happens to you: It is a certain special way of being alive. Love is in fact an intensification of life, a completeness, a fullness, a wholeness of life."
 -Thomas Merton, *Love and Living*

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 Music: **Josh Rose**
 Gathering Host: **MaryEllen Mika**
 Music: **Josh Rose**





Thanks for Stepping in!

Our guest teacher Jack Ridl couldn't make it last Sunday, but **Beth Buelow** stepped in with another of her excellent teachings. Beth was scheduled to do the meditation, so **Leslie Newman** took Beth's place with her "I am C3" story. **Valerie Engeltjes** had a little snowshoe injury and couldn't be there as Gathering Host, so **Nelleke Knarr** filled that role. Thank you, C3 women, for being so willing to serve on short notice!

Canceling the Gathering

If a decision is made to cancel any future Gathering, it will be shared on C3's Facebook page, Instagram, by email, and on television stations Fox 17 and WZZM. Let's hope such an occasion doesn't happen anytime soon!

2024 Board of Trustees

The C3 Board of Trustees for 2024 met for the first time on January 10, and the new executive committee was elected that evening. Here are our new C3 Officers: **Teresa Colbry**, Chair; **Tod Wyn**, Vice-Chair; **Beth Buelow**, Secretary; **Andy Cawthon**, Treasurer. See the listing of all Board members on the front of the bulletin.

Your Feedback on the Gathering

The Sunday Gathering Team recently began developing a larger pool of guest teachers. Thanks to many suggestions, we're inviting some of them to teach in the next couple of months, so you'll be seeing a lot of new faces. We'd love your feedback on these guest teachers—as well as the musician(s) and the overall Gathering experience. Please either talk to a member of the Sunday Gathering Team or take a few minutes to fill out the forms that are located at the back of the room, along with pens, and boxes in which you can put your feedback. You can be anonymous or sign your name. Thanks for your help! Sunday Gathering Team: **Leslie Newman, Beth Buelow, Valerie Engeltjes, Marianne Fischer, Chrys Moelter-Gray, Jean Regester, Chuck Tawney, Rod Van Abbema, Cindy Van Ittersum, and Ellie Williams**

Week 3@C3

Our project for February will be to stock the Micro Pantry at the Momentum Center—"Take what you need, leave what you can." Acceptable items are easy-to-prepare, shelf-stable food: microwave mac & cheese, Ramen noodles, canned soups and pasta, instant mashed potatoes, oatmeal, canned vegetables and fruit, gummy fruit snacks, fruit and pudding cups, granola bars, instant hot chocolate. Items will be collected on February 4, 11, and 18.

Sunday Dinner Group

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

C3 Men's Club

The C3 Men's Group meets each Tuesday, 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

Join us on at 6 p.m. on **February 20** at The Bookman to discuss **The Forty Rules of Love: A Novel of Rumi** by Efi Shafek.

March 19: **Bee Season: A Novel** by Myla Goldberg

April 16: **The Last Green Valley** by Mark Sullivan

Women's Journey

Our next meeting will be Monday, February 26, at 6:30 at The Bookman. Bring a favorite children's book or story. **Leslie Newman** will be leading us.

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 to a fire recently. We are collecting funds to provide them a gift card from Meijer. Donations can be made through C3 in the usual ways, earmarked "Family in Need" in the memo field. Online donations can be made under the "Support C3" tab on the website. Click on the Donate button, then click on the arrow to the right in the box to choose "Family in Need." Creative people might be inspired to make something for them. Please send Charity McMaster photos of any household items you may have to donate by February 4, to share with the family, so they can decide if they'd like those items.

Nelleke Knarr's mother entered hospice care at home in Indiana recently, and Nelleke is now back at home herself, but will be traveling intermittently to Indiana to be with her mom. Contact Nelleke or send a card to 747 Fuller Avenue SE, Grand Rapids,

Yvonne Olmsted's brother Hans Cramer (also known as Hamsagati Das), died recently in India, as he wished. The family will gather this summer for a memorial. Cards may be sent to 210 S. 7th Street, Grand Haven, MI 49417.

Joan Sutton will turn 90 on January 29. You can send birthday wishes to **13892 148th Avenue, Grand Haven, MI 49417.** Daughter Gayle invites you to an informal open house for Joan on February 3, 1:30 - 4 p.m. in the Woodbine Room at Central Park Place.