



C3
Spiritual
Community

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**

Red Team Hosts:

Yvonne Olmsted, Sarah

Jacobs, Chrys Moelter-Gray

Red Team Ushers:

Tom Webber

Welcome Table:

Jeff Crandle

Next Week: Red Team

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

Shannon McMaster,

Executive Director

smcmaster@

c3westmichigan.org

Next Week!

Speaker: Sarah Kornfield

Musician:

Grace Theisen

Meditation:

Mary Ackerson

Gathering Host:

Chrys Moelter-Gray

Kids' Volunteer:

Patti Baldus



c3westmichigan.org/support

Sunday, February, 4, 2024 The Subconscious Doesn't Hear Not

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Speaker: Mary Balkon, LMSW, MDiv, is a therapist; a student of psychology, culture and religion; a practicing pagan; and generally a curious citizen of the world. She received her Social Work degree from Western Michigan University in 2008 and her Divinity degree from Harvard Divinity School in 2020. Mary taught at C3 once before, in May 2017.

Musician: Mike Ward: Psychosongs, Detroit singer-songwriter, is known for his lyrically-centric, vocally-charged folk songs. Growing up, he listened to the Irish music of his heritage and sang in several choirs before digesting the influential sounds of Simon & Garfunkel, Dylan, Springsteen and John Prine. These days, he finds inspiration in the works of Jason Isbell, Sarah Jarosz and John Paul White.

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Music: **Mike Ward: Psychosongs**
Gathering Host: **Rod Van Abbema**
Music: **Mike Ward: Psychosongs**
Meditation: **Beth Buelow**
Moment of Silence
Reading/Teaching: **Mary Balkon**

For the Sake of Yes

It all comes down to yes
You're either in or your're out,
willing or not,
Here or god knows where.
It comes down to going out
on a limb.
If it holds, say yes, what a view,
If it breaks, say yes, I'm not a bird.
Give the world your name
for the sake of yes, I'm coming,
yes, I'll try that, yes, yes,
that feels so good.
Let the word no crawl back
to its dark hole and starve.
I want yes, eat and drink, yes,
breathe the cold mountain air, yes,
make love to you under a full moon
in autumn.
With yes, nothing is out of reach.
Like a poor god, fallen from the skies,
Conscious again, amazed at being in one piece,
I plan to yes my way back
to a heaven
of one kind or another.

—David James

Music: **Mike Ward:Psychosongs**
Gathering Host: **Rod Van Abbema**
Music: **Mike Ward:Psychosongs**



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.

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!

C3 Co-Sponsors Peace March

Stand for Peace Michigan, Holland UCC, and C3 are sponsoring a Peace March along River Avenue at Centennial Park in Holland on Saturday, February 10, from 11 a.m. to noon. Bring a homemade sign calling for peace and join us as we walk on the sidewalk along River Avenue in front of Centennial Park. Add your voice and your presence. Contact Chrys Moelter-Gray with any questions.

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. Charity announced last week that we had collected \$2200 so far, to provide them a gift card from Meijer. Thank you for your generosity. 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 add to the "catalog" of items to share with the family, so they can decide if they could use any of them. The date to give this donation to Pastor Tim and family is February 11.

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.

Need a name tag?

New members or members who have lost a name tag may contact Jeff Crandle (chair of Membership Committee) at 616-638-5266 (text preferred) or crandlejeff@gmail.com. Please be aware that each name tag costs C3 \$10, so consider adding that to your contributions.

Become a Member!

At C3 we encourage membership as one of the ways we remain a vibrant and evolving community. Being a member keeps you in the loop with our ongoing work in the community, with the themes and ideas on Sunday, and most importantly, connects you with other like-minded and inspiring people. You also have a chance to serve on our board, vote on important changes and actively shape the future. Stop by the Welcome Table for more information.