



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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White Team Hosts:
Patti Baldus,
Kathy Humphrey,
Chrys Moelter-Gray
White Team Ushers:
Jerry & Barb VanLeeuwen,
John Leitner & Cindy Krause-Leitner

Welcome Table:
Sarah Jacobs
 Next Week: **Blue 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: **Ruth Zwald**
Musician:
Frances Luke Accord
Meditation:
Nelleke Knarr
Gathering Host:
Valerie Engeltjes
Kids' Volunteer:
Char Kole

Sunday, March 17, 2024

We Have Questions:

What is an Animal Chaplain, and Do Animals Have Spiritual Experiences?

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Speaker: **Rev. Ginny Mikita** (she/her) is a certified Animal-Friendly Attorney and ordained interfaith minister/animal chaplain who has provided legal assistance to those whose voices have been silenced—animals, children, LGBTQ+ individuals and incapacitated adults. As founder of Animal Blessings, she honors the sacred worth and spirituality of all animals, writes a monthly column for Cats and Dogs Magazine, officiates blessings and memorial services for animal companions, and facilitates two monthly animal companion loss grief support groups.

Musician: **Jen Sygit** (she/her) is a Lansing-based award-winning songwriter who wields a rare and powerful talent, equally comfortable performing ethereal folk tunes, crooning sultry swing numbers, or soulfully belting gritty alt-county ballads. An accomplished multi-instrumentalist who isn't afraid to test boundaries and cross genres, Jen's eclectic musical style draws the listener in and holds them captivated. Her lyrics reveal an oft-overlooked beauty to life's mundane struggles.

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 Music: **Jen Sygit**
 Gathering Host: **Mark Smith**
 Music: **Jen Sygit**
 Meditation: **Leslie Newman**
 Moment of Silence
 Reading/Teaching: **Ginny Mikita**

Animal Chaplains provide support for both animals and humans by using the tools of deep listening and caring companionship. We help animals thrive while living and transition with dignity. We help their human companions move through grief before and after loss by integrating each human's unique secular and spiritual views.
 - Rev Ginny Mikita, JD/Animal Chaplain (she/her)

Spirituality is a feeling of connection to something greater, or simply, Connectedness, which is inherently desired and experienced by cultivating a relationship with oneself, one's community, one's environment and one's orientation with the transcendent.
 - Sarah E. K. Lentz, MDiv (Harvard)

Profound spiritual phenomena is connected with the limbic system, an ancient area of the brain that evolved before the cerebral cortex under which it lies and which governs higher cognitive functions. The limbic brain is a structure shared by both humans and animals, including dogs, cats and most other animals kept as animal companions or on farms.
 - Kevin Nelson, MD (Neurologist) and Marc Bekoff, PhD (Biologist/Ecologist)

Music: **Jen Sygit**
 Gathering Host: **Mark Smith**
 Music: **Jen Sygit**





Last Day for Noah Project

Today is the last day donations are being collected for Noah Project, a non-profit, no-kill animal shelter at 5205 Airline Highway, Muskegon, MI 49444. They requested the following items: Purina One +Plus Healthy Kitten Formula dry food, Purina Pro Plan for dogs, nylon dog bones, cat scratch pads, cat toys, dog toys, cat litter, dishwasher soap, laundry detergent, dryer sheets, bleach and cleaning products, paper towels. Thanks to Bill Klouw, who has volunteered to deliver these items to Noah Project.

Get ready for the Vigil for Peace and Justice

The Vigil for Peace and Justice resumes its weekly Stand for Peace activity on Saturday, **April 6** from noon to 1 p.m. along Washington Avenue at Central Park in Grand Haven. Everyone is welcome to join in for the hour of quiet contemplation and sign holding—we have lots of signs, or make your own. If you're uncomfortable standing for an hour, please bring a chair and sit! If you can't stay for an hour, stay for as long as you can.

Mark your calendar for these two dates now!

Celebrate Earth Day on **Saturday, April 20**, from 12:30 to 4 p.m. at Central Park Place.

On **Saturday, April 27**, C3 cleans up our stretch of US-31 for Adopt-A-Highway.

An Ask from the C3 Kids, in Their Own Words:

The C3 kids are collecting gently used blankets for animals that need a home and are living at the shelter! We will be collecting these at a table after the Gathering for the next 3 weeks. Please consider donating and thank you very much for listening!

Your Feedback on the Gathering-Please!

Please share your feedback on our guest teacher today, as well as on the musician(s) and the overall Gathering experience, either by filling out the feedback form located at the back of the room or scanning the QR code below to complete the form online.



C3 Sunday Experience

Sunday Dinner Group

Join the group at Ted's in Spring Lake at 5:30 this afternoon. The sign-up sheet is at the Membership table.

C3 Book Club and Friends

We meet this Tuesday, March 19, at 6:00 p.m. at The Bookman to discuss *Bee Season: A Novel* by Myla Goldberg

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

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.

Women's Journey

We will meet next on Monday, March 25, at 6:30 p.m. at The Bookman to discuss poetry. Bring a favorite or original one-page poem and please keep thinking about the content for upcoming meetings, so we can plan ahead!

Board of Trustees Meetings

The C3 Board of Trustees meetings are scheduled for the third Wednesday of each month at 6:30 p.m. at the C3 Office, 1447 Washington Avenue, Grand Haven. C3 members are welcome to attend. The next scheduled BOT meeting is March 20.

Community Care and Concern

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

Cindy Anderson's sister Pam

Fitzgerald died on February 26, in Phoenix, after spending time in hospice care, and having suffered a recent stroke. There will be a service in April. Cards may be sent to Cindy at 15016 Stickney Ridge Road, Grand Haven, MI 49417.

Don Anderson is recovering from back surgery. Get well wishes can be sent to him at 15016 Stickney Ridge Road, Grand Haven, MI 49417.

John Leitner's brother David W.

Leitner, MD died on February 2, after suffering from dementia. David and his wife Linda lived for many years in Burlington, VT, where he was a surgeon-instructor at the University of Vermont Medical School. John and Cindy live at 14466 Angelus Circle, Grand Haven, MI 49417.

It was good to see **Felipe Lopez** again last Sunday. If you want to help him out with a donation, please make out the check directly to him.

Jane Richardson reports that recovery at home from recent gall bladder surgery continues to go well. Cards can be sent to her at 300 1st Avenue, Fruitport, MI 49415.