



9 a.m. **Pre-Talk & Awakenings**  
10 a.m. **Gathering**  
10 a.m. **C3 Kids** with **Miss Mary** and volunteer **Sally Alderink**  
11:00 a.m. **Talk Back**  
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*Gold Team Hosts:*  
**Betty Porter, Jenny Roberts & Bob Burleigh, Jean Regester, Mike & Charlotte Rozich**  
*Gold Team Ushers:* **Rod & Cheryl Van Abbema, Martha Perko, Cheri Eshenaur**  
*Welcome Table:*  
**Ellie Williams**  
*Next Week:* **GreenTeam**  
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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**  
.....  
**Shannon McMaster,**  
*Executive Director*  
**smcmaster@**  
**c3westmichigan.org**  
.....  
**Next Week!**  
*Speaker:* **Jack Ridl**  
*Musicians:*  
**Ruth and Max Bloomquist**  
*Meditation:* **Andy Cawthon**  
*Gathering Host:*  
**Beth Buelow**  
*Kids' Volunteer:*  
**Sandy Kate Stephens**

**Sunday, March 31, 2024**

***All That You Can't Leave Behind***

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*Teacher:* **Beth Buelow** (she/her) is an integral part of the C3 community and serves on the Board of Trustees, among her other contributions. She's a business owner; leadership, team, and mentor coach; author, speaker, and mediator, and she has added photographer to the list of ways she wants to be knowing the world.

*Musician:* **Spencer LaJoye** (they/them) is an East Coast singer/songwriter from the Midwest making queer indie folk music for everyone. They won the 2021 Kerrville Songwriting Competition, spinning 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.

Music: **Spencer LaJoye**

Gathering Host: **Mary Ellen Mika**

Music: **Spencer LaJoye**

Meditation: **Charity McMaster**

Moment of Silence

Reading/Teaching: **Beth Buelow**

Mostly it is loss which teaches us about the worth of things.  
— Arthur Schopenhauer, *Parerga and Paralipomena*

You only lose what you cling to.  
— Buddha

Life is short,  
And we do not have much time  
to gladden the hearts of those who  
make the journey with us.  
So... be swift to love,  
and make haste to be kind.  
— Henri-Frédéric Amiel

Music: **Spencer LaJoye**

Gathering Host: **Mary Ellen Mika**

Music: **Spencer LaJoye**



## News from the BOT

Progress continues on the Lead Teacher search with the formation of a hiring committee, and an announcement will be forthcoming soon. The Board wishes to extend a huge thank you to everyone who is contributing to the search process!

## Don't Miss the Talk Back Takeover

Join us on **Sunday, April 28**, for a Talk Back Takeover, when Executive Director Shannon McMaster will lead us through a visioning exercise to kick off our community Strategic Planning process! Look for additional information in the coming weeks.

## 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 today for the last time. Thank you for donating and thank you very much for listening!

## Week3@C3 for April

Our project will be to help Grand Haven's American Legion collect snacks and other items, which they will mail in individual care packages to our troops overseas. They are collecting many different food and non-food items, like chips, candy, meal cups, shampoo, etc. Check out the full list at the Week 3 table! Items will be collected on **April 7, 14, and 21**.

## Vigil for Peace and Justice Resumes

Please consider joining the Vigil for Peace and Justice, which resumes its weekly Stand for Peace activity next Saturday, **April 6** from noon to 1 p.m. along Washington Avenue at Central Park in Grand Haven. Bring a chair if you would rather sit! If you can't stay for an hour, stay for as long as you can.

## Earth Day Lakeshore Celebration: Saturday, April 20, 1 to 4 p.m.

Four volunteers are needed to help with the Kids' Project at the C3 booth. There is a signup sheet at the Outreach Table. We're looking for two volunteers from 1 to 2, and another two from 2 to 4 p.m. The project will be helping kids plant seeds in cups.

\*Did you read the article *Lakeshore Earth Day Celebration empowers West Michigan for 17 years* by Community Columnist Bethany Dutcher in the March 15 edition of the *Grand Haven Tribune*? Pioneers Jean King, Pam Park, and Connie Widdis, Christ Community Church, Yvonne Olmsted, and Patti Baldus were mentioned, and Leslie Newman was interviewed!

## Adopt-A-Highway: Saturday, April 27, 10 a.m. to noon

Lots of volunteers are needed for our spring Adopt-A-Highway cleanup. Sign up anytime via email (awassmann@wassmannndesign.com, include name and phone number please), or at the Outreach table.

## Springtime Dine with Nine

Let's try for a spring theme for the next Dine with Nine on **Saturday, May 11**, at 6:00 p.m. Sign up any Sunday between now and April 21 at the Membership Table. This event connects adults regardless of age or relationship status, bringing together widows, singles, couples, partners, and divorcees at the host's home to share food, fun, and conversation. Coordinators of the event are Joyce Cawthon, Kathy Smith, and Mary Ackerson. Contact: Joyce (joycevcawthon@gmail.com / 616-502-3133) with questions.

## Sunday Dinner Group

Due to the Easter holiday, dinner plans were disrupted. Please check at the Membership table before leaving today if you are interested.

## 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

The C3 Book Club meets at 6 p.m. at The Bookman on the third Tuesday of the month. Come join the discussion about *The Last Green Valley* by Mark Sullivan on April 16. May 21: *Demon Copperhead* by Barbara Kingsolver.

## Women's Journey

Our next meeting is **April 22** at 6:30 pm at The Bookman.

## 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

## Community Care and Concern

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

**Justin Kleveland** will be 100 on April 11. Let's help him celebrate the 100-year milestone! Cards can be sent to 1634 Sunset Drive, North Muskegon, MI 49445.