



Sunday, September 22, 2024

What the World Needs Now: Balance

9 a.m. Pre-Talk
10 a.m. Gathering
10 a.m. C3 Kids with
Miss Mary and volunteer
Charity McMaster
11:00 a.m. Talk Back

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Gold Team Hosts: **Betty Porter, Jenny Roberts & Bob Burleigh, Jean Regester**
Gold Team Ushers:
Rod & Cheryl Van Abbema, Martha Perko, Cheri Eshenaur
Welcome Table: **Ellie Williams**
Next Week: **Green 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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Brad Ruggles,
Lead Teacher
brad@c3westmichigan.org

Shannon McMaster,
Executive Director
smcmaster@c3westmichigan.org

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Next Week!
Teacher: **Sarah Kornfield**
Musicians: **Annagail**
Meditation: **Bob Kleinheksel**
Gathering Host: **Mark Smith**
Kids' Volunteer: **Char Kole**



c3westmichigan.org/support

Lead Teacher: **Brad Ruggles** joined C3 in May of this year. He is a former pastor that deconstructed and later left the faith he was raised in after 18 years in ministry. He and his wife Lisa enjoy adventuring and traveling with their two adult daughters. Brad's interests are diverse and include backpacking, meditation, breathwork, yoga, sport kiting, and photography.

Musician: **Michelle Held**, a stalwart in the contemporary folk music scene in Detroit for over a decade, has earned Honorable Mentions in the past three Telluride Troubadour Contests. She released her debut single, *The World Moves On* last November, and the video is a nominee of the Michigan Music Video Awards, finalist of Rome Music Video Awards and an official selection of the Prague Music Video Awards.

Music: **Michelle Held**
Gathering Host: **Tod Wyn**
Music: **Michelle Held**
Meditation: **Beth Buelow**
Moment of Silence
Readings/Teaching: **Brad Ruggles**

For everything there is a season and a time for every matter under heaven: a time to be born and a time to die; a time to plant and a time to pluck up what is planted; a time to kill and a time to heal; a time to break down and a time to build up; a time to weep and a time to laugh; a time to mourn and a time to dance.
– Ecclesiastes 3:1-4 (NRSV)

Life is a balance between holding out and letting go.
– Rumi

The Force is not a power you have. It's not about lifting rocks. It's the energy between all things, a tension, a balance, that binds the universe together.
– Luke Skywalker

In whatever position one is in, or in whatever condition in life one is placed, one must find balance. Balance is the state of the present – the here and now. If you balance in the present, you are living in Eternity.
– B.K.S. Iyengar

Music: **Michelle Held**
Gathering Host: **Tod Wyn**
Music: **Michelle Held**



Do You Have Any Old Photos of C3 (Christ Community Church)?

We're trying to collect historical photos of C3/Christ Community Church (including past members, events, pastors, etc.) to be used for the Community Celebration on November 3. Photos in digital format are preferred, and can be sent to Brad@c3westmichigan.org. If you need us to scan your hard copy, please call or text 616-842-1985, or email smcmaster@c3westmichigan.org.

Call for Counters

Lana Brock has let us know the Sunday Counting Team needs at least two more new people willing to help with the donation counting and deposit preparation. The obligation would be for one Sunday a month (or less often, if we get more people). People interested should email Lana (brockl@gvsu.edu), or approach her or Shannon McMaster on a Sunday.

Can You Take One Small Step?

C3 is encouraging people to participate in *One Small Step*, an initiative by WGVU and StoryCorps, by signing up to take part in a facilitated conversation with someone new, with different political beliefs from yours, and get to know each other as people. Learn more and sign up at the WGVU website: www.wgvu.org/onesmallstep/.

Nominations for BOT

The Board of Trustees election will happen at the Annual Meeting on November 3. There are three openings on the board for 2025-26. Two current board members will be seeking re-election, leaving one open seat. Nominations are open through October 1. If you would like to nominate someone, or have any questions, please see Trustee Wayne Johnson or Executive Director Shannon McMaster.

Your Participation is Vital

Humanity for Prisoners' fall fundraiser *Voices of Humanity* is scheduled for September 26. A powerful new film, *Wronged: The Maurice Carter Story* will be premiered. Search "Humanity for Prisoners" online for ticket information.

Adopt-A-Highway: Saturday, September 28, 10 a.m. to noon

We are still asking for volunteers to sign up for our fall Adopt-A-Highway cleanup. Sign up anytime via email (awassmann@wassmannndesign.com) or at the Outreach table. If you have signed up, watch for a reminder this week in your email box. Thank you!

Sunday Dinner Group at the Park

One more time (again!) at William Ferry Park in Ferrysburg at 5:30 p.m. This ad hoc group needs someone to spearhead the scheduling as we return indoors.

Dine with Nine in October

The next Dine with Nine (or seven or eight) is planned for October 19. Sign up any Sunday in September. The theme is *Fall Harvest Time*. Several hosts will open their homes for the event.

Women's Journey

We reconvene at 6:30 p.m., tomorrow evening, September 23, at The Bookman. If you would like to make or renew connections with some of the women of C3, please join us for relaxed social time at one of our monthly meetings.

C3 Men's Club

This men's conversation group meets each Tuesday from 7 to 8:30 p.m. in Room B at St. John's Episcopal Church. Call Phil Koster, 616-492-1751 with questions.

Vigil for Peace and Justice

Join us Saturdays from noon to 1 p.m. along Washington Avenue at Central Park.

A donation in memory of **Mike Pinder** was made by Kerry FitzGerald.

Community Care and Concern

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

Nelleke Knarr's mother Norma Jean Knarr died on September 14, and a funeral mass was held in Danville, IN, on September 19. Cards may be sent to 747 Fuller Avenue, SE, Grand Rapids, MI 49506.

A memorial celebration of life will be held for **Joan Sutton** on October 19, time to be announced. Joan died August 26. Cards can be sent to 13892 148th Avenue, Grand Haven, MI 49147.

Connie Farrell is now living at Harbor Homes Assisted Living & Memory Care near Muskegon Trinity Hospital. Address: 2869 Vulcan Street, Bldg 2649B, Room 206, Norton Shores, MI 49444. Cards and visits are welcome.

Barbara Lee Van Horssen thanks you for welcoming the Across the Bridge participants last week, and cherishes the kind words of love and support she received from C3 members.

Info for C3 Matters or C3 Update

Please send any announcement for the C3 Update and/or C3 Matters to Chrys (cgmgray@mac.com) & Becky (frontdesk@c3westmichigan.org) by Tuesday of the week you would like it included.