



Sunday, October 6, 2024
What the World Needs Now: Metta

9 a.m. **Pre-Talk**
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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Red Team Hosts:
Sarah Jacobs,
Yvonne Olmsted, Char Zoet
Red Team Ushers:
Tom Webber,
Joyce & Andy Cawthon
Welcome Table: **Jeff Crandle**
Next Week: **White Team**

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C3 Board of Trustees:
Chair: **Teresa Colbry**
Vice Chair: **Tod Wyn**
Treasurer: **Andy Cawthon**
Secretary: **Beth Buelow**

Trust
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: **Daryl Van Tongeren**
Musician: **Sam Robbins**
Meditation: **Nelleke Knarr**
Gathering Host: **Beth Buelow**
Kids' Volunteer: **Sally Alderink**



c3westmichigan.org/support

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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: **Jen Sygit** 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. Her lyrics reveal an oft-overlooked beauty to life's mundane struggles

Music: **Jen Sygit**
Gathering Host: **Valerie Engeltjes**
Music: **Jen Sygit**
Meditation: **Abby Black**
Moment of Silence
Readings/Teaching: **Brad Ruggles**

Metta is the ability to embrace all parts of ourselves, as well as all parts of the world. Practicing metta illuminates our inner integrity because it relieves us of the need to deny different aspects of ourselves.

– Sharon Salzberg, *Lovingkindness: The Revolutionary Art of Happiness*

To look away from the world, or to stare at it, does not help a man to reach God; but he who sees the world in Him stands in His presence.

– Martin Buber, *I and Thou*

He who loves brings God and the World together.

– Martin Buber, *I and Thou*

Loving-kindness and compassion are the two faces of altruism. It is their object that distinguishes them: loving-kindness wants all beings to experience happiness, while compassion focuses on eradicating their suffering.

– Matthieu Ricard, *Altruism: The Power of Compassion to Change Yourself and the World*

For all of us, love can be the natural state of our own being; naturally at peace, naturally connected, because this becomes the reflection of who we simply are.

– Sharon Salzberg, *Lovingkindness: The Revolutionary Art of Happiness*

Music: **Jen Sygit**
Gathering Host: **Valerie Engeltjes**
Music: **Jen Sygit**



Adopt-A-Highway Wrap Up

A heartfelt thank you to the 27 amazing volunteers who helped clean up our Adopt-A-Highway section on September 28. Your dedication and hard work are truly appreciated, and we couldn't have done it without you!

Dine with Nine

Sometime in the next week or so, attendees should expect a message from your Dine with Nine host with information you'll need, and asking you to indicate which part of the meal you will provide when you attend on Saturday, October 19.

Week 3@C3 for October: Thanksgiving Baskets

We will help Muskegon Rescue Mission fill 900 baskets for the annual Thanksgiving Basket Giveaway, which offers area residents a full Thanksgiving meal to make at home. Choose from the list at the Week 3@C3 Table and bring items back through October 20. Cash donations also welcome.

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.

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/.

Sunday Dinner Group

Sign up at the Welcome table to go to Ted's at 5:30 p.m.

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.

C3 Book Club and Friends

C3 and Friends Book Club will meet at the Bookman at 6 p.m. on October 15 to discuss *The Heaven and Earth Grocery Store* by James McBride. November 19: *The Hornet's Nest* by Jimmy Carter

Vigil for Peace and Justice

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

Women's Journey

Our next meeting is Monday, October 28 at 6:30 p.m. at The Bookman. We could use one or two volunteers for snacks. We will again have some questions as conversation starters.

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.

Thom Clay died recently, as we learned from his sister Celia Said. She related how they enjoyed attending Christ Community Church and liked Ian. There will be a service on November 2. Contact Shannon at the office for more details.

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

Janice Scharich's mother, Vera Sturgeon Van Velsen, died on September 4, at age 88. Cards may be sent to 940 Bradford Greens Court, Grand Rapids, MI 49525.

A celebration of life will be held for **Joan Sutton** on October 19, from 1 to 5 p.m. at 11888 144th Avenue, West Olive, MI 49460, at her brother's family blueberry farm. Bob Kleinheksel will hold a short service at 2 p.m., at which time the family would love for you to share stories of your time with Joanie. Time to visit and eat will follow. Cards can be sent to 13892 148th Avenue, Grand Haven, MI 49417

The Tosas thank you for your support. Son Michael was released from the hospital September 20 and is at home in Busselton, AU, getting used to normal life again and gaining strength, on his way to further recovery. Kathy and Tom will travel to see him in December.