



9 a.m. **Pretalk**  
 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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*Red Team Hosts:* **Yvonne Olmsted,**  
**Skip & Mary Ackerson,**  
**Sarah Jacobs, Char Zoet**  
*Red Team Ushers:* **Tom Weber,**  
**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**  
*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:* **Luis Cypher**  
**and Bendr Bones**  
*Music:* **Eli Kahn**  
*Meditation:* **Rod Van Abbema**  
*Gathering Host:* **Kathy Tosa**  
*Kids' Volunteer:* **Patti Baldus**



[c3westmichigan.org/support](https://c3westmichigan.org/support)

**Sunday, November 10, 2024**

**What the World Needs Now: Upekkhā (Equanimity)**

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*Lead Teacher:* **Brad Ruggles** joined C3 as Lead Teacher 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 Lisa enjoy adventuring and traveling with their two adult daughters. Brad’s interests 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: **Nelleke Knarr**  
**Music: **Jen Sygit**  
**Meditation: **Wayne Johnson**  
**Moment of Silence**  
**Readings/Teaching: **Brad Ruggles************

“I wish it need not have happened in my time,” said Frodo.  
 “So do I,” said Gandalf, “and so do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us.”  
 – J.R.R. Tolkien, *The Fellowship of the Ring*

Love has never been a popular movement. And no one’s ever wanted, really, to be free. The world is held together, really it is held together, by the love and the passion of a very few people. Otherwise, of course, you can despair. Walk down the street of any city, any afternoon, and look around you. What you’ve got to remember is what you’re looking at is also you. Everyone you’re looking at is also you. You could be that person. You could be that monster, you could be that cop. And you have to decide, in yourself, not to be.  
 – James Baldwin

Whoever is unopposing among those who oppose,  
 Peaceful among the armed,  
 Not clinging among those who cling,  
 I call a brahmin.  
 – Dhammapada 406

**Music: **Jen Sygit**  
**Gathering Host: **Nelleke Knarr**  
**Music: **Jen Sygit********



### **C3 Community Celebration and Annual Meeting**

We had a great morning last Sunday with our Community Celebration, Annual Meeting and potluck! The Gathering featured a look at our past and our movement forward, a commemoration of community members and loved ones who have died this year, and Music for Remembrance by Carolyn Koebel and Grace Theisen. At our Annual Meeting, Teresa Colbry, Kim Crozier, and Bill Haug were elected to the Board of Trustees, a budget for next year was approved, and the Phil Koster Award for Meritorious Service was awarded to Rod and Cheryl Van Abbema! Another legendary C3 Potluck followed.

A HUGE thank you to the cooks, bakers, and pizza donators for the fabulous selection of foods. It was absolutely delightful! A special shout out to the "crew" who helped to get it on the table: Cheryl Van Abbema, Bev Hundley, Cathy Feyt and Becky Park. So many people helped in so many ways! As often happens with such events, several things were left behind: some serve ware, a kitchen towel, a hot pad, and a phone charger. If any of these might be yours, look for them on the windowsill.

### **Week 3@C3 for November**

We will collect for the Nestlings Diaper Bank of West Michigan in Holland, which is a diaper distribution center for many West Michigan agencies, not a location where individuals can come to get a supply of diapers. They accept both cash donations, which they use to buy diapers from the National Diaper Bank Network at reduced cost, and also diapers for infants, toddlers, and adults. They also accept wipes. Nestlings has requested that C3 donate diapers for older babies, sizes 4, 5, and 6. Packages may be open or closed, as diapers are repacked into large lots.

Collection days are November 10 and 17. Contribute in kind or by cash (in an envelope labeled Nestlings Diaper Bank), check to C3 with Nestlings Diaper Bank on the memo line, or see Chase to donate by credit card designated for Nestlings.

### **Do You Share Our Values?**

Deciding to be a member of C3 is a commitment to being part of a community of people sharing a set of common values, not necessarily common beliefs. This unique approach gives our members the freedom to think, while acting congruently with our values. Visitors who share our values can participate, but members have made a commitment to perform the organizational work necessary to achieve our vision of living a good life and helping others to do the same. To become a member, stop by the Welcome Table and sign up.

### **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.

### **Vigil for Peace and Justice**

Saturdays in November can be blustery, but we stand to remind people that love and peace are healthy for the planet and its inhabitants. Come dressed for the weather, from noon to 1 p.m. along Washington Avenue at Central Park in Grand Haven.

### **C3 Book Club and Friends**

C3 and Friends Book Club will meet at 6 p.m. on Tuesday, November 19, at The Bookman to discuss *My Beloved World* by Sonia Sotomayor.

### **Women's Journey**

Our next meeting is Monday, November 25 at 6:30 p.m. at The Bookman. Bring a pair of scissors and some magazines or catalogs to upcycle as we learn to make paper beads.

### **Need a name tag?**

If you are a new member or are in need of a replacement name tag, text Jeff Crandle 616-638-5266 or crandlejeff@gmail.com. Please be aware that each name tag costs C3 \$10, so consider adding that to your contributions.

### **Honor and Memorial Giving**

A donation in memory of **Connie Farell** was received from **Leslie Newman**.

### **Community Care and Concern**

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

**Susan Meeusen** joined us last week after recent aortic valve replacement surgery. It was great to see her at the Gathering!

Please keep **Yvonne and Ron Olmsted** in your hearts as they celebrate the memory of their extended family member, Tammra Lynn McConnell.