



Sunday, December 8, 2024

What the World Needs Now: Angels

9 a.m. **Pretalk**
10 a.m. **Gathering**
10 a.m. **C3 Kids** with
Miss Mary and volunteer
Char Kole
11:00 a.m. **Talk Back**

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Green Team Hosts:
Joyce & Andy Cawthon,
Karen Cotton, Tom Tosa,
Marian Mulette
Green Team Ushers:
Wayne Johnson,
Jane Curtis, Kathy Tosa
Welcome Table: **Kathy Smith**
Next Week: **Red 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: **Brad Ruggles**
Music: **Genna & Jesse**
Meditation: **Nelleke Knarr**
Gathering Host: **Beth Buelow**
Kids' Volunteer: **Charity McMaster**



c3westmichigan.org/support

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Core Teacher: **Ruth Zwald**, retired social worker/minister, makes her home on a farm, starting every dawn with good coffee and the crow of the rooster. Loving the cycles of the seasons, Ruth watches the moon and never misses a solstice or equinox turning. She is a Mesa Carrier on the Peruvian Medicine Path, which involves personal healing, transformational healing for others, and creating ceremony and ritual for ourselves and for the earth.

Musician: **Daniel Bracken**, Michigan-based songwriter and finger-style guitarist plays music informed by his rich history as a recordist and producer for Public Media, and as a performer in the US and Ireland. In recent years Dan has delved deeper into personal songcraft, a wholehearted mix expressing the crossroads of spirituality, wistfulness, and humor. His songs embrace many of the storytelling qualities of traditional Irish and American roots music.

Music: **Daniel Bracken**
Gathering Host: **Valerie Engeltjes**
Music: **Daniel Bracken**
Meditation: **Karri Absenger**
Moment of Silence
Readings/Teaching: **Ruth Zwald**

The angel is a mystery, one that we have attempted to explain for more than two thousand years. This mystery is as deep as the mystery of the soul, as limitless as the mystery of infinity and eternity. This is a puzzle we may never be able to solve, but our probing of the mystery yields endless permutations that deepen our insights into ourselves.
— Rosemary Ellen Guiley

The Materialism of Angels
Of course the angels dance. If not on the head of a pin, then maybe on the boardwalk along the ocean of stars. And they eat hot and spicy: salsa, tabasco, red peppers. They love mangoes. They can munch for hours on cashews. Olives sit in bronze bowls on the cherry tables next to their canopy beds where the solace of pillows swallows their sweet heads and the quiet of silk lies across their happy backs. They know the altruism of material things. They want to say to us, "We'll sleep next to you. Feel our soft and unimposing flutter across your shoulders, on your heartbroken feet." They want us to take, eat, to smell the wood, run our tired fingers over the rim of every glass, give our eyes the chance to see the way the metal bends and curves its way into the black oval of the chair. They want us to feel the holiness of scratching where it itches, rubbing where it hurts. They want us to take long, steamy showers and a nap. They know how easily we follow directions: hook the red wire to the front of the furnace, fill in only the top half of the life insurance form. They have no manuals for joy. They can't fix anything we break. They wonder why we never laugh enough, why we don't know God is crazy for deep massage, and loves to wail on His alto sax whenever they dance.
— Jack Ridl from *Broken Symmetry*

Music: **Daniel Bracken**
Gathering Host: **Valerie Engeltjes**
Music: **Daniel Bracken**



Submitting Information for the C3 Update

Newsletter submissions are normally sent to Chrys Moelter-Gray, but for the newsletter on December 20, please send all announcements to Annie Wassmann instead (awassmann@wassmannndesign.com).

December Week 3@C3: 3rd Annual Greeting Card Blizzard

This marks the third year for our Greeting Card Blizzard for residents of Riverside Nursing & Rehab, Medilodge at the Shore, North Ottawa Care Center and Christian Haven Home. Starting December 1, find cards bundled into 30 sets of 10 cards each at the Week 3@C3 table. Take a bundle or two, address envelopes and sign the cards: suggested text "To a Friend" on envelopes and "From a Friend" on cards. Include C3-Spiritual Community and any personal note you may wish to add. No other address or stamps are necessary. Return completed cards to the Week 3@ C3 table by next Sunday, December 15. Greetings will be delivered to each site for the appropriate staff person to deliver to residents. The goal is 300 cards. See Char Zoet if you want to suggest an additional care facility as a recipient.

Outgoing Board Members Honored

Three outgoing members of the Board of Trustees were honored with carved wooden bowls at the end of the November 24 Gathering: Beth Buelow, Cheri Eshenaur, and Rod Van Abbema. Thank you for serving!

Welcome Hosts Needed

You've noticed the folks who say hello, hold the door for you when you arrive, and make you feel like you belong, right? They belong to a team of hosts who serve once every five weeks. Some teams are well-staffed, but we could use some reinforcements for teams that are short-staffed, or have members who spend the winter elsewhere. If you think this is a way you could lend a hand at C3, contact coordinator Ellie Williams: elliewilliams4@gmail.com. or 616-296-0719.

Membership Committee Needs You!

The Membership committee needs one or two new volunteer members. Please contact Jeff Crandle for further information at 616-638-5266 (text preferred) or crandlejeff@gmail.com. It is a fun group to be part of, so please consider joining!

Bell Ringers Needed

There are still a few shifts that need to be covered when C3 volunteers ring the bell for the 2024 Salvation Army Red Kettle campaign, which supports all the programs of the local Salvation Army. We will be at Leppink's (Ferrysburg) from **10 a.m. to 7p.m. on Wednesday and Thursday, December 11 and 12**, for one-hour shifts. It works best to have only one or two at the kettle for each shift. Playing an instrument or music during your shift is a plus! Sign up after Gathering today or next Sunday with Betty Porter, at the Outreach table, or email Betty at porter.betty@gmail.com.

Sunday Dinner Group

Sign up at the Membership table to join the group at 5:30 p.m. at Ted's in Spring Lake.

C3 Men's Club

This men's conversation group meets each Tuesday from 7 to 8:30 p.m. in the Choir Room at St. John's Episcopal Church. Call Phil Koster, 616-402-1751 with questions.

Women's Journey will meet next on Monday, December 16. Please bring a wrapped ornament (homemade, handmedown, gently used or new) and a small nibble to share.

C3 Book Club and Friends

On December 17, at 6 p.m. Book Club will be held at the C3 office complex at 1447 Washington (next to Norm's Ice Cream). For our holiday party we're asking everyone to bring a wrapped used book, a nibble to share, and your own drink. If appropriate, please label your nibble as dairy or fish free. The book for January 21 is *The Bluest Eye* by Toni Morrison.

In Memoriam

A donation in memory of **Connie Farell** was made by Debra Sikanas and Russell Radford.

Community Care and Concern

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

There will be a memorial event for **Connie Farell** here at Central Park Place today after our Gathering and Talk Back. A long-time neighbor Jerry Scott and close friends of Connie (including C3) want to honor her memory as a valued member of the Grand Haven community with a Chili Bar the Sunday after the Jingle Bell Parade, as these were two of Connie's favorite things each winter! *Please write a couple words about Connie on one of the fabric strips provided.*