



9 a.m. **Pretalk**  
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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*Red Team Hosts:*  
**Yvonne Olmsted,**  
**Skip & Mary Ackerson,**  
**Sarah Jacobs, Char Zoet**  
*Red Team Ushers:*  
**Tom Webber,**  
**Andy & Joyce 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](mailto:brad@c3westmichigan.org)

**Shannon McMaster,**  
*Executive Director*  
[smcmaster@c3westmichigan.org](mailto:smcmaster@c3westmichigan.org)

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**Next Week –**  
*Teacher:* **Brad Ruggles**  
*Music:* **Ruth & Max Bloomquist**  
*Meditation:* **Abby Black**  
*Gathering Host:* **Mary Ellen Mika**  
*Kids' Volunteer:* **Sally Alderink**



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

**Sunday, December 15, 2024**

## ***The Wisdom of Winter: Hello Darkness, My Old Friend***

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*Lead Teacher:* **Brad Ruggles** (he/him) 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 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.

*Musicians:* **Genna & Jesse**, drawing inspiration from their romantic nomadic lifestyle, might best be described as modern troubadours, generously offering listeners glimpses of their always-moving world with something fresh, true and genuinely independent. Their music features quirky chemistry, intricate vocal harmonies and ardent storytelling.

Music: **Genna & Jesse**

Gathering Host: **Beth Buelow**

Music: **Genna & Jesse**

Meditation: **Nelleke Knarr**

Moment of Silence

Readings/Teaching: **Brad Ruggles**

How we attend to things shapes our existence. Our attention is a powerful tool, and it plays a tremendous role in our everyday experience. What we attend to becomes what we see, and what we see becomes what we engage with, and what we engage with becomes our life.

– Kari Leibowitz, *How to Winter: Harness Your Mindset to Thrive on Cold, Dark, or Difficult Days*

Only the experience of our own darkness gives us the light we need to be of help to others whose journey into the dark spots of life is only just beginning. It's then that our own taste of darkness qualifies us to be an illuminating part of the human expedition. Without that, we are only words, only false witnesses to the truth of what it means to be pressed to the ground and rise again. The light we gain in darkness is the awareness that, however bleak the place of darkness was for us, we did not die there. We know now that life and light begins again on the other side of the darkness.

– Joan Chittister, *Between the Dark and the Daylight*

Music: **Genna & Jesse**

Gathering Host: **Beth Buelow**

Music: **Genna & Jesse**



### **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. Today is the day to return any cards you addressed and signed to the Week 3@C3 table, so that they can be delivered to the area care centers and delivered to the residents there. The goal is 300 cards. See Char Zoet if you want to suggest an additional care facility as a recipient.

### **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.

### **Announcements at the Gathering**

If there is something that you would like to have announced at the end of the Gathering, please talk with the Gathering Host before the Gathering begins and let them know. They may make the announcement themselves, or ask you to come forward to do so.

### **Sunday Dinner Group**

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

### **Women's Journey**

December's meeting will be tomorrow, Monday, December 16, at 6:30 p.m. at The Bookman. Please bring a wrapped ornament (homemade, hand-me-down, gently used or new) along with a story of a favorite Christmas or holiday and a small nibble to share.

### **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.

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

On Tuesday this week (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.

### **Thanks to Our Small Bites Contributors**

Your generosity and willingness to bring us treats on a regular (or emergency) basis is a valued part of our Sunday morning experience! If you'd like to join the group and bring some treats to our Gathering on a once-per-month basis, contact Patti Baldus (patbaldus5@gmail.com). We always welcome new volunteers.

### **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.

### **Community Care and Concern**

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

The **Connie Farell Memorial** last Sunday was well-attended and appreciated by all who attended. The stories people shared were priceless. May thanks to those who organized and provided chili and cornbread muffins (especially Teresa Colbry and Joyce Cawthon). Be sure to read the excellent article about Connie that appeared in the Grand Haven Tribune last week.