



9 a.m. **Pretalk**
 10 a.m. **Gathering**
 10 a.m. **C3 Kids** with
Mary Crouse and volunteer
Sally Alderink
 11:00 a.m. **Talk Back**

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Gold Team Hosts:
Betty Porter, Jean Regester,
Bob Burleigh & Jenny Roberts
Gold Team Ushers:
Rod 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: **TBD**
Trustees:
Tabitha Blanski
Karen Cotton
Kim Crozier
Bill Haug
Kathy Humphrey
Wayne Johnson

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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: **Kyle Joe**
Meditation: **Andy Cawthon**
Gathering Host: **Nelleke Knarr**
Kids' Volunteer: **Ryan Cotton**



c3westmichigan.org/support

Sunday, January 5, 2025

Let's Get Stoned!

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Core Teacher: **Beth Buelow** (she/her) has been part of the C3 Community since March 2018 and has loved every minute of it. She's a business owner; leadership, team, and mentor coach; author, speaker, and mediator, and she has added photographer to the list of ways she wants to be known in the world. She also collects rocks.

Musician: **Hannah Laine** (she/her) is a musician and vocal empowerment coach from Grand Rapids, best known as the vocalist for the Future-Soul band Earth Radio. She began singing and songwriting at a very young age, and has found refuge in music as a way of healing and processing her life experiences. Skilled in piano, vocal improvisation, beat-making, layering effects, and looping, her abilities to create a soundscape or groovy bop are limitless.

Music: **Hannah Laine**

Gathering Host: **Chrys Moelter-Gray**

Music: **Hannah Laine**

Meditation: **Wayne Johnson**

Moment of Silence

Readings/Teaching: **Beth Buelow**

Beneath the soil and waters of the earth's surface there is everywhere a basement of rocks.
 – James Dwight Dana

Crystals grew inside rock like arithmetic flowers. They lengthened and spread, added plane to plane in an awed and perfect obedience to an absolute geometry that even stones—maybe only the stones—understood.
 – Annie Dillard

It is strange, but rocks, properly chosen and polished, can be as beautiful as flowers, and much more durable.
 – Isaac Asimov

I love you, God—you make me strong; God is bedrock under my feet, the castle in which I live, where I run for dear life, hiding behind the boulders, safe in the granite hideout.
 – Psalm 18:2, *The Message translation*

Music: **Hannah Laine**

Gathering Host: **Chrys Moelter-Gray**

Music: **Hannah Laine**



Thinking Ahead! In Case of a Weather Emergency!

The Executive Committee of the Board of Directors with the Executive Director will determine if we will cancel the in-person Sunday Gathering. Our goal will be to make the determination by late Saturday afternoon. If the Gathering is canceled, we will send an email, post a notice on Facebook and Instagram, and contact the following media: WAWL (Grand Haven radio), and these TV stations WZZM, WOOD, and Fox 17. –Shannon McMaster

Shake off the Winter Blues—come Dine with Nine!

Mark your calendar for Saturday, February 8, and be part of the next Dine with Nine! Everyone is welcome to join. Sign up this morning, January 12 or 19. This event promises a fun evening filled with great food, laughter, and conversation. The event coordinators are Joyce Cawthon, Kathy Smith, and Mary Ackerson. Have questions? Contact Joyce at joycevcawthon@gmail.com

Farewell to Nancy Owens

Long time C3 member Nancy Owens and her husband Ron are moving mid-January to the New Orleans area to be near her new grandson. Nancy was active in the Outreach committee here, and served in Loving Spoonfuls at St. John's Episcopal church, coordinated Red Cross blood drives, volunteered for the Hispanic Festival, and coordinated financial assistance for Felipe Lopez and his family in getting established in Holland, just to mention a few of her contributions. Be sure to wish her well, if you see her, or send a note via email (nlowens_@comcast.net).

3rd Annual Greeting Card Blizzard

Thank you for your participation in the Seasonal Greeting Card Blizzard. We distributed 265 cards to four area care centers.

Note: There will be no Week 3@ C3 collection in January. We will be back in February. Have a Happy New Year.

C3 Mindfulness Group

Many of us are familiar with the concept of mindfulness and what it means to be mindful, but how do we make it an intentional practice? Mindfulness practice involves purposefully paying attention to the present moment and cultivating a nonjudgmental, compassionate awareness of our thoughts, our emotions, our senses, and the world around us. We are in the early stages of developing a series of sessions entitled Mindful Living, meeting once a month on a weekday evening. If you would like to learn more about this contemplative practice, please leave your contact information on the signup sheet at the membership table. Knowing how many folks are interested at this stage will help inform our search for a regular meeting space. Stay tuned for more information!

C3 Bell Ringers at the Red Kettle Campaign

On December 11, C3 members braved the cold to raise money for the Salvation Army at Leppink's in Ferrysburg. Thanks to Betty Porter for organizing this effort, and to all the volunteers who stepped up to stand at the kettle!

Sunday Dinner Group

Sunday Night Supper will be at Ted's Restaurant in Spring Lake, 5:30 p.m. today. Please sign up at the Welcome Table if you intend to come. Jean Regester (jeanregester@gmail.com) will be making the arrangements.

C3 Men's Club

The C3 Men will meet from 7 to 8:30 p.m. on Tuesday, January 7, in the Choir Room at St. John's Episcopal Church. Call Phil Koster, 616-402-1751, with questions.

C3 Book Club and Friends

The book for January 21 is *The Bluest Eye* by Toni Morrison. We meet at 6 p.m. at The Bookman.

Women's Journey

January's meeting will be Monday, January 27 at 6:30 p.m. at The Bookman.

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

Barbara Crouse, grandmother to **Mary Crouse**, Coordinator for C3 Kids, died on December 21, 2024 at the age of 96. Cards can be sent to Mary at 613 Columbus Ave., Grand Haven, MI 49417