



Sunday, January 12, 2025

Who am I? Week 1: The Conscious Mind

9 a.m. Pretalk
10 a.m. Gathering
10 a.m. C3 Kids with Mary Crouse and volunteer Ryan Cotton
11:00 a.m. Talk Back

Lead Teacher: Brad Ruggles (he/him) joined C3 as Lead Teacher in May 2024. 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.

Green Team Hosts: Karen Cotton, Joyce & Andy Cawthon, Sandy Kate & Chuck Stevens
Green Team Ushers: Wayne Johnson, Jane Curtis
Welcome Table: Sarah Jacobs
Next Week: Red Team

Musician: Kyle Joe (he/him) has carved his place as one of West Michigan's most dependable songsmiths of the poetic, soul-bearing sort. 2021 saw his foray back into the solo-songwriter world, with a pile of new songs, and an updated list of accolades—including being named a finalist in Kerrville Folk Festival's prestigious New Folk Songwriting Competition. He recently released two singles, Michigan Man and Take it Easy.

Music: Kyle Joe
Gathering Host: Nelleke Knarr
Music: Kyle Joe
Meditation: Andy Cawthon
Moment of Silence
Readings/Teaching: Brad Ruggles

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

Science cannot solve the ultimate mystery of nature. And that is because, in the last analysis, we ourselves are a part of the mystery that we are trying to solve.

— Max Planck, Where Is Science Going? (1932)

Brad Ruggles,
Lead Teacher
brad@c3westmichigan.org

The eye through which I see God is the same eye through which God sees me; my eye and God's eye are one eye, one seeing, one knowing, one love.

— Meister Eckhart, Sermons of Meister Eckhart

Shannon McMaster,
Executive Director
smcmaster@c3westmichigan.org

You are not a human being in search of a spiritual experience. You are a spiritual being immersed in a human experience.

— Pierre Teilhard de Chardin

Next Week -
Teacher: Brad Ruggles
Music: Lady Oak
Meditation: Rod Van Abbema
Gathering Host: Valerie Engeltjes
Kids' Volunteer: Charity McMaster

In Buddhism, we speak of store consciousness as a part of consciousness that always operates, day and night. Store consciousness is capable of receiving information, storing information, processing information, and learning. Mind consciousness is much slower. While you are driving, if you encounter something and very quickly avoid an accident, that is store consciousness. It has learned and reacted very quickly. If you had to wait for your mind to make a decision, it might be too late.

— Thich Nhat Hanh



Music: Kyle Joe
Gathering Host: Nelleke Knarr
Music: Kyle Joe



Please Complete the C3 Weekend Gathering Survey

On Monday, January 6, you should have received an email from brad@c3westmichigan with the heading Take Our Quick C3 Survey, which seeks your input about our weekly Gathering. There's a link that takes you to the survey, designed to learn what's working and what could use a little tweaking. Please complete the survey right away and submit it! Thanks!

Help Wanted

C3 is looking for a second person to help with set up and tear down every Sunday. This position is an independent contractor position, and pays \$60/week. See Shannon McMaster for more details, or email at smcmaster@c3westmichigan.org.

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, or next Sunday. 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

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? 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 is a Partner of Charter for Compassion

What if we were to view the world through the lens of compassion, instead of looking through the lens of politics or religion or philosophical ideology? That is the call of The Charter for Compassion: to have compassion be the world view. To let kindness be the guiding ideology in responding to what is going on around us. C3 became a Charter for Compassion Partner in 2015. If you have not already done so, please consider becoming an INDIVIDUAL MEMBER of Charter for Compassion. All members receive the Charter for Compassion newsletter about three times each month. Go to charterforcompassion.org and click on the "Get Our Newsletter" tab on the right side of the screen.

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, served in Loving Spoonfuls at St. John's Episcopal Church, coordinated Red Cross blood drives, volunteered for the Hispanic Festival, and coordinated assistance to help Felipe Lopez and family get established in Holland, 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).

Sunday Dinner Group

Sunday Night dinner 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 meet from 7 to 8:30 p.m. on Tuesday, 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.

Honor and Memorial Giving

A donation was made in memory of our sweet friend, Connie Farell, by **Don and Cindy Anderson**.

A donation was made in honor of all the Active Members who keep C3 going, by **Debra Sikanas and Russell Radford**.

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 Avenue, Grand Haven, MI 49417