



Sunday, January 19, 2025

Who am I? Talk 2: The Thinking Mind

9 a.m. Pretalk
10 a.m. Gathering
10 a.m. C3 Kids with Mary Crouse and volunteer Charity McMaster
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.

Red Team Hosts: Yvonne Olmsted, Skip & Mary Ackerson, Sarah Jacobs, Karen Cotton, Red Team Ushers: Tom Webber, Joyce & Andy Cawthon, Welcome Table: Ellie Williams, Next Week: White Team

Musicians: Lady Oak is a 16-member ensemble drawn from the Grand Rapids Women's Chorus, a vibrant organization dedicated to celebrating women's voices and fostering community through song. Drawing on music from many cultures, the Chorus strives to educate and inspire its community to promote justice, peace, and equality. Lady Oak, founded in 1999, continues this legacy on an intimate scale, offering audiences a unique blend of harmony, artistry, and connection.

Music: Lady Oak

Gathering Host: Valerie Engeltjes

Music: Lady Oak

Meditation: Rod Van Abbema

Moment of Silence

Readings/Teaching: Brad Ruggles

In order to be who you are, you must be willing to let go of who you think you are. - Michael Singer, Untethered Soul

C3 Board of Trustees: Chair: Teresa Colbry, Vice Chair: Tod Wyn, Treasurer: Andy Cawthon, Secretary: Tod Wyn, Trustees: Tabitha Blanski, Karen Cotton, Kim Crozier, Bill Haug, Kathy Humphrey, Wayne Johnson

When a problem is disturbing you, don't ask, "What should I do about it?" Ask, "What part of me is being disturbed by this?" Eventually you will see that the real cause of problem is not life itself. It's the commotion the mind makes about life that really causes the problems." - Michael Singer, Untethered Soul

Brad Ruggles, Lead Teacher, brad@c3westmichigan.org

Shannon McMaster, Executive Director, smcmaster@c3westmichigan.org

Next Week - Teacher: Brad Ruggles, Music: Jen Sygit, Meditation: Bob Kleiheksel, Gathering Host: Mark Smith, Kids' Volunteer: Ryan Cotton

Most people live in what I call the "greenhouse of concepts." They've surrounded themselves with ideas about who they are and what life is, what should and shouldn't be. But the real you is what remains when all these concepts fall away. - Alan Watts

Music: Lady Oak

Gathering Host: Valerie Engeltjes

Music: Lady Oak





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.

Last Chance to Sign Up for Dine with Nine!

Today is your last chance to sign up for Dine with Nine on Saturday, February 8! The sign-up sheet is at the Membership table. Everyone is welcome to join in this 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.

Mindful Living Update

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? Come, explore, and share this contemplative practice every third Wednesday of the month, starting March 19, from 6:30 to 7:30 p.m. at Loutit District Library, Program Room A. Chairs will be provided, but feel free to bring a cushion. Questions? See or email Kerry FitzGerald (fitzgeraldkerry108@gmail.com).

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 Supper Group

Sunday Night Supper relocates to Dr. Rolf's in Spring Lake, 5:30 p.m. today. Please sign up at the Welcome Table before you leave today.

C3 Book Club and Friends

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

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.

Women's Journey

January's meeting will be Monday, January 27 at 6:30 p.m. at The Bookman. Karen Laird DeSmet will host; refreshments will be supplied by Joyce and Beth.

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**

Lana Brock will be having tricuspid valve surgery at Henry Ford Hospital in Detroit on February 6. Cards of care, concern, and encouragement may be sent to Lana at 1856 Hendrick Road, Norton Shores, MI 49441.