



**C3
Spiritual
Community**

October 31 at 10am

IN-PERSON **grand haven community center** + FACEBOOK LIVE facebook.com/c3westmi



GUEST TEACHER

Jenny Atlee-Loudon



GUEST MUSICIAN

John Sanger

We are pleased to welcome former C3 Teacher **Jenny Atlee-Loudon** as Guest Teacher this week at the Grand Haven Community Center at 10:00 a.m. to talk about *Stories and Lessons from the Doorsill*. She will also be at the Pre-Talk at 9:00 a.m. and Talk Back right after the Gathering. Jenny was our Teacher for most of 2016, and her messages are always deeply compassionate. She continues to work with the [Friendship Office of the](#)

[Americas](#) to advocate for US policy toward Central America that is rooted in human rights, friendship and peace. She also loves her work with the [Red Horse Center for Collaborative Leadership](#), partnering with horses and humans to discover and empower positive change in the world. *Please continue to follow COVID-19 protection protocols by wearing a mask and maintaining physical distance during the Gathering.* If you have the misfortune of not being able to attend in person, please tune in for the livestream on [C3's Facebook page](#).

John Sanger has shared his music with us several times, both in person and online, and he is back in person this week. He is the youngest of seven siblings, and reports that he has performed music to scratch out a living for most of his life. In 2019, that career was threatened by a diagnosis of head and neck cancer, which was treated with chemo and radiation. Later that year, he released his latest record, *The Sanger Family Album*. He focuses more on songwriting and other people now, rather than following a hectic performance schedule. We're fortunate he chooses to play for us!



C3 Gatherings

Sundays at the Grand Haven Community Center (421 Columbus Ave., Grand Haven)

- 9:00 a.m.: **Pre-Talk: In Person**
Meet the morning's teacher in a small group setting for an open discussion of the morning's theme.
- 10:00 a.m.: **Gathering: In Person + Livestream on [Facebook](#)**
Welcome, readings, mediation from a community member, teaching and music
- 11:00 a.m.: **Talk Back: In Person**
A chance to share questions, comments and stories related to the morning gathering.

Additional Resources

- YouTube Channel: [Weekly Teaching Videos](#)*
 - YouTubeChannel: [Weekly Meditation Videos](#)*
 - Podcast Channel: [Weekly Teaching Audios](#)*
- *posted Sunday afternoons or later in week*

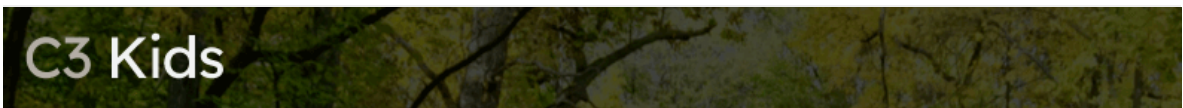
- Printable list of [C3 values](#)
- Last week's [Newsletter](#): *C3 Update for October 24, 2021*



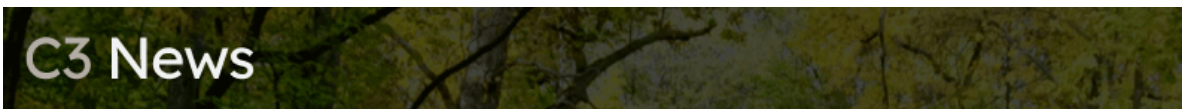
Foster aka AutoPilot, October 24, 2021

C3 Teacher Kent Dobson

There is a lot more to discover and learn from Kent Dobson on his [website](#), and by listening to his [podcast](#) "Hints and Guesses."



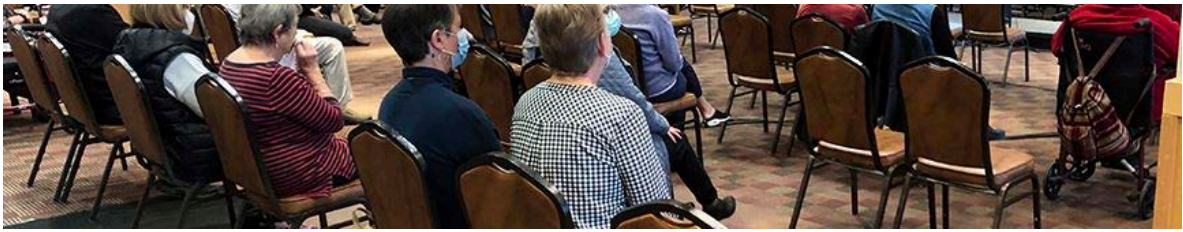
Each week we provide a safe and welcoming environment for kids starting at 10:00 a.m., with masked and vaccinated adult caregivers only, and CDC-recommended safety measures in effect. If you are looking for a Sunday morning experience for your kids that includes C3 Values, creative activities, toys, books, games and outdoor fun (when weather permits), we are here to make it happen! Miss Mary has missed your kids and is eager to be with them again. *C3 Kids meet upstairs in the Woodbine Room. Click [here](#) to view the document "Safety for All in the C3 Kids Program."*



Join Us!

Just a reminder to members who miss the comfort of community and the energy of live music, that we are back to meeting in person on Sunday mornings at the Grand Haven Community Center. Of course, safety is our number one concern, and we are following a number of safety measures, including the wearing of masks and spacing of seating. Please consider joining us.





News from the Board of Trustees

Be watching for some new C3 signage! Our current banner has the old logo and can be hard to see when cars are parked in front of the Community Center. Our new upright flag will proudly display our new logo on both sides so traffic going either way can clearly see who and where we are. We're also planning to get a sandwich board that can be changed for use in many situations.

Please consider if you would like to run to serve on the Board of Trustees. The election will be in February, but it's not too early to start thinking if this is a way you'd like to serve the C3 community. If you're interested or have questions, talk to any Board member: Sally Alderink, Beth Buelow, Teresa Colbry, Kim Crozier, Tom Edwards, Valerie Engeltjes, Charity McMaster, Mark Smith, Sandy Kate Stephens, or Rod Van Abbema.



Watch for **end-of-the-year fundraising** information in the weeks to come!

C3 Community Care and Concern

Caring for the members of our C3 Community is a shared communal responsibility, rather than a role reserved for a pastor, priest or leader. Our C3 Community Care Team encourages members to support each other at time of need with notes, cards, phone calls, visits, meals and transportation. C3 members are urged to contact the Community Care and Concern team to inform them of life events, illness, or hardships, which can be shared with the C3 Community. To report a need or request help, or to help visit members in hospital, rehab or recovering at home, contact Ellie Williams: [email](#), 616-296-0719 or Betty Porter: [email](#), 616-296-2227.

Milt Redick welcomes cards as he receives care at Lake Woods Nursing and Rehabilitation Center, 1684 Vulcan St., Muskegon, MI 49442. Visits can be prearranged by calling Sandy at Lake Woods: 231-777-2511. (Mondays are the best day for visiting; avoid Tuesday, Thursday and Saturday).

How Small Moments of Empathy Affect Your Life

A [new study](#) suggests that everyday experiences of empathy contribute to our well-being and kind behavior toward others.

C3 Charter for Compassion

Week 3@C3 is back!

Now that we are meeting once again at the Community Center, it's time to reinstate our traditional Week 3@C3 program, in which the Community Life Committee researches and selects a local nonprofit organization which C3ers support by donating needed items. This gives us the opportunity to join together for the good of the greater community, while reinforcing our sense of shared C3 Community.

The effort this month supports the Greater Ottawa County United Way [United for Warmth Winter Clothing Drive](#). C3 will collect **new and unused** winter clothing items for men, women, and children, and United Way will arrange for our donations to be picked up and distributed to families in need of them. Bring these items to our Gathering on **November 7, 14, or 21**. United Way suggests:

- Coats, jackets, and vests
- Mittens, gloves, and hand warmers
- Hats and scarves
- Heavy sweatshirts and sweaters
- Snowpants



C3 Outreach

Volunteers Needed for Thanksgiving Feast

Judy Burnside at St. Mary's in Spring Lake is organizing volunteers to help with the Thanksgiving Feast on **November 25**. People are needed to

- help assemble the meals a couple days beforehand
- deliver meals on Thanksgiving
- assist with curbside handout of meals on Thanksgiving.

If this is something you would like to do, send Judy an email (jwb57@charter.net) or call and leave a message for her at 616-847-9719 or 616-842-8564, and she will return your call.





Vigil for Peace and Justice

As the weather begins to reflect the change in seasons, our outerwear changes to something a bit warmer. We will stand for peace and justice at Central Park this Saturday, and all are invited to join us from noon–1:00 p.m. We have lots of signs to choose from, or get your activism juices flowing and create your own sign! Bring a chair to sit, if that works better for you, and be sure to dress for the weather!

C3 Groups

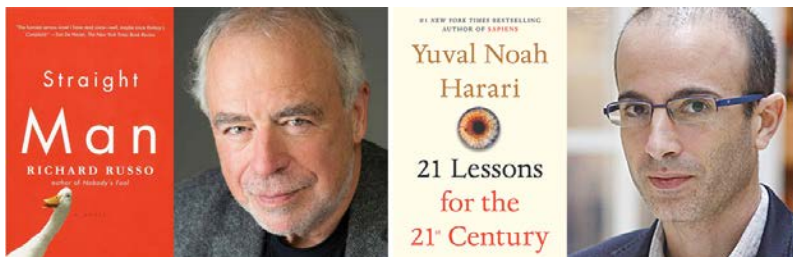
C3 and Friends Book Discussion Group

Due to the election, we will meet on **Tuesday, November 9** (not November 2). Save the date to discuss our next book selection, *Straight Man* by Pulitzer Prize-winning Richard Russo. This proves to be a GREAT read, perfect for the fall!

- "The funniest serious novel I have read since—well, maybe since Portnoy's Complaint."—Tom De Haven, *The New York Times Book Review*
- "There is a big, wry heart beating at the center of Russo's fiction."—*The New Yorker*
- "[Russo] skewers academic pretensions and infighting with mad abandon...in a clear and muscular prose that is a pleasure to read....I had to stop often to guffaw, gasp, wheeze, and wipe away my tears." – Henry Kisor, *Chicago Sun-Times*
- "Bursting with humor and insight." –*USA Today*

We will be meeting at Valerie Engeltjes' home, 5935 Beaver Creek Drive, Coopersville.

December 7: [*21 Lessons for the 21st Century*](#) by Yuval Noah Harari



C3 Men's Group

The C3 Men's Group meets in person **every Tuesday** at 7:00 p.m. Until further notice, the group will gather at the C3 Office, located at 1447 Washington, Grand Haven. For additional information contact Phil Koster at 616-402-1751.

C3 Finance

Help Sustain the C3 Community

It takes a lot to produce all the great things that happen at C3, especially as we have returned to meeting at the Community Center. Whether it is our Sunday Gatherings or working within our West Michigan communities, we strive to make a difference, with compassion. Show your support by making a donation of any amount, big or small. You can arrange for automatic deductions from your checking account by calling Carol Takas at Selby Tax & Accounting, P.C. (616-613-3222).

With gratitude, C3 Finance Team

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Your ongoing support of C3 is greatly appreciated. Online donations can be made [here](#). Checks should be sent to C3 Spiritual Community, P. O. Box 371, Grand Haven, MI 49417.

Donate



Donate via PayPal, it's safe and secure!

C3 Values in Action

Michigan as a Climate Refugee State: A Conversation about Our Future

C3 Friend **Michael DeWilde** invites C3 members and friends to hear experts explore what becoming a climate refugee state would mean for Michigan—including our quality of life, impact on resources, and our relations with neighboring states and Canada. This presentation is sponsored by the Koeze Business Ethics Initiative at GVSU, which Michael directs. It takes place on **Thursday, November 4**, from 2:30–3:40 p.m. at the GR Press Auditorium. This event is free and open to the public. No registration is necessary. See the flyer attached [here](#).



Keith Schneider



Beth Gibbons



Michael DeWilde

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Town Halls to Explore Religion and Racism

The focus of three more upcoming town halls co-sponsored by the (Anti) Racism Task Force and Kaufman Interfaith Institute, convened by the Momentum Center, will be *Religion and Racism*. The second session of this series on **Monday, November 8**, will explore *Racism in the Church Today*. See the flyer [here](#), and read an extensive article from the Grand Haven Tribune (October 9-10) [here](#). [Pre-registration](#) is required to join the Town Hall via Zoom. C3's values of Diversity, Common Humanity and Open Inquiry should provide impetus to participate in these important community conversations. Will you register to attend and join both fellow C3 members and members of the greater community in holding these difficult conversations?

Thanksgiving Feast 2021

This year's community Thanksgiving Feast will once again be impacted by COVID-19, and will be available by delivery or curbside pickup only on Thanksgiving Day (November 25). Note that to receive a meal, you need to call for delivery by **Friday, November 19**. See the flyer [here](#), and read the information about volunteer opportunities included in the C3 Outreach section above.



Saturday, October 30

12:00–1:00 p.m.: **Vigil for Peace and Justice**, Central Park (421 Columbus Ave., GH)

Sunday, October 31

Grand Haven Community Center (421 Columbus Ave., GH)

9:00 a.m.: **Pre-Talk**, In Person

10:00 a.m. **Gathering**, In Person + Livestream on [Facebook](#)

- Guest Teacher: **Jenny Atlee-Loudon**
- Music: [John Sanger](#)
- Meditation: **Rod Van Abbema**

11:00 a.m.: **Talk Back**, In Person

Tuesday, November 2 (Election Day for some communities)

7:00 p.m.: **C3 Men's Group**, C3 Office (1447 Washington, GH)

Saturday, November 6

12:00–1:00 p.m.: **Vigil for Peace and Justice**, (tentative location change) NW Corner of Jackson Street and U.S. 31

Sunday, November 7 (Daylight Saving Time Ends—fall back and don't be late!)

Grand Haven Community Center (421 Columbus Ave., GH)

9:00 a.m.: **Pre-Talk**, In Person

10:00 a.m. **Gathering**, In Person + Livestream on [Facebook](#)

- C3 Teacher: [Kent Dobson](#)
- Music: [Jen Sygit](#)
- Meditation: **Beth Buelow**

11:00 a.m.: **Talk Back**, In Person

November 7 at 10am

IN-PERSON [grand haven community center](#) + FACEBOOK LIVE [facebook.com/c3westmi](#)



C3 TEACHER

Kent Dobson



GUEST MUSICIANS

Jen Sygit

[C3 Website](#)

[C3 Website>Values](#)

[C3 Website>Newsletter Request](#)

[C3 Podcast Feed](#)



Follow Us + Share on Facebook

Each week we post information about upcoming Gatherings and other special events. Help us extend our reach and recognition by sharing our posts!

Instagram Photos Needed

We would love to feature photos of C3 members in action on our Instagram feed. Email your high res photos (or questions) to trustee [Tom Edwards](#).

C3 Contact

frontdesk@c3westmichigan.org

C3 Spiritual Community Office

[1447 Washington, Grand Haven, MI 49417](#)

Mailing Address: P.O. Box 371, Grand Haven, MI 49417

616-842-1985 (number can receive text messages)

Jeff Baldus, *Office Manager*

Hours: Wednesday, Thursday, and Friday, 10:00 a.m. to 3:00 p.m.

Automatic donations are handled by Carol Takas, 616-613-3222, at Selby Accounting.
Please direct any questions to Mark Smith at treasurer@C3westmichigan.org.

Newsletter Submissions and Editor: [Chrysteen Moelter-Gray](#)

Newsletter Designer: [Annie Wassmann](#)

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