

C3 Matters

Sunday, February 5

- 9:00 a.m. Awakenings
- 9:00 a.m. Spiritual Inquiry
- 9:00 a.m. Coffee and Conversation
- 10:00 a.m. Gathering
- 11:00 a.m. Blood Pressure Clinic
- 11:15 a.m. Talk-Back
- 11:15 a.m. C3 Singers Meeting
- 12:00 p.m. Women's Journey
- 5:00 p.m. Dinner at Kirby Grill

Monday, February 6

- 7:00 p.m. C3 Men's Group

Tuesday, February 7

- 6:00 p.m. Spanish Group
- 7:00 p.m. C3 Men's Group

Sunday, February 12

- 9:00 a.m. Awakenings
- 9:00 a.m. Spiritual Inquiry
- 9:00 a.m. Coffee and Conversation
- 10:00 a.m. Gathering
- 11:15 a.m. Talk-Back
- 11:15 a.m. C3 Singers Meeting
- 5:00 p.m. Dinner at Kirby Grill

C3 Kids: Creating Community

Beginning this morning, the C3 Kids program is expanding in a new direction! In an effort to connect kids and build community across ages and with our values, C3 Kids now meet at 10:00 a.m. each week.

Prior to entering our main gathering, parents are now invited to bring their children directly to the Escanaba Room (lower level) for a group time. During this time kids engage with teachers and each other as they experience music, stories and sharing. Bob Swanson - aka Mr. Z - facilitates this part of our program with support from teachers.

This is a really exciting time for kids as we strengthen and grow this aspect of our community. Thank you for your feedback and enthusiasm! Please direct any questions or suggestions to Mr. Z or Marsha Mason.

Kirby Grill with C3 Friends

Each Sunday evening, gather with members from your C3 community at the Kirby Grill and take advantage of great dinner and drink specials! We are now dining in the Harbor Room, beginning at 5 p.m.

Activism Opportunity

Michelle Rison would like to announce the opportunity to make your views heard regarding Consumers Energy's Smart Meters installations. The conversation with Consumers Energy continues Tuesday, February 7, in the Escanaba Room at the Grand Haven Community Center from 7 - 9 p.m. See Michelle for details.

Volunteers Needed

The C3Exchange staff thanks Charmaine Kole, Patti Baldus, Margaret Willey, Valarie Volkens, Jane Curtis, Betty Porter, and Alice Lyons for their donation of time in our offices. Due to vacations and occasional illness, we are seeking a few more friendly faces to greet visitors and help with office tasks. Please contact the office at (616) 842-1985 if you are able to spend a few hours once a week volunteering. Thank you!

Member Affirmation!

On Sunday, February 12, during the 10:00 Gathering, all those interested in affirming their membership will be warmly received and welcomed. Whether you are relatively new to this community or have been attending for some time, we wish to recognize and affirm you and your unique journey of becoming and discovery.

This is a time for you to say your own unique "Yes" to this community – to say yes to the values and vision, to exploring and demonstrating in your own creative ways the core values AND to be open to further growth and benefits and support for the community. Please indicate your interest or direct any questions to Malea Nicolet: malea@c3exchange.org or Bob Kleinheksel: bob@c3exchange.org.



C3 Matters

Care and Concern

Our C3 staff wishes to convey timely and meaningful care to you and to those close to you. Please share with us your concerns, health situations, hospitalizations and life changes (as you are comfortable) so we can be sensitive and supportive in times of need and change. Please be in touch with Bob Kleinheksel at bob@c3exchange.org or (616) 842-1985 ext. 12 to convey any requests or information. We value and commit honest presence, encouragement and professional care in your lives.

Chili & Games

On Friday, February 17, join us for our annual Chili & Games Night at 208 Franklin Street, from 6:30 - 9 p.m. This is one of C3's liveliest evenings together, with hot and spicy chili to warm you, cool drinks to refresh you, and a gaggle of spirited friends to challenge you at your board game skills. Bring a crock of chili to share or drinks to pass and your favorite board game. See Bruce Martin with questions.

Music Mentoring

Have you signed up for music mentoring yet? Brian's office door at C3 (208 Franklin Street) is open for business. If you (or your child) have a desire to learn basic guitar, need songwriting tips, or have questions about the industry, don't hesitate to email Brian at brian@c3exchange.org or call 842-1985 to set up an appointment. Appointments are available on Tuesdays and Thursdays from noon until 5 p.m. Free to members!

Healing and Spirit Weekend

On Saturday, March 10, and Sunday, March 11, we will be visited by Dr. Bruce Epperly for a weekend of faith and healing. Theologian, pastor, spiritual guide, author, and recognized leader in lay and pastoral faith formation, Dr. Epperly has written twenty-one books in the areas of theology, spirituality, and healing and wholeness. He is currently working on texts related to grandparenting, process spirituality, and emerging Christianity. On March 10, Dr. Epperly will offer a discussion and workshop involving Reiki and Spirituality from 7 - 9 p.m. at 208 Franklin Street. A love offering of \$10 is suggested. If you are interested in energy healing or the merging of energy and faith, this is the workshop for you! On Sunday, March 11, a brown bag lunch series on Healing and Spirituality will follow his teaching during our 10:00 Gathering from 1 - 3 p.m. Cost to be determined. Dr. Epperly speaks regularly throughout North America and has appeared on "Nightline," "ABC World News Tonight" and "PBS News Hour."

Film Group February 24

A new gathering of film buffs begins Friday, February 24, at 208 Franklin Street, where the movie "In A Better World" - winner of last year's Best Foreign Film award - will be viewed and discussed. As with past film experiences, the choices have proved to be provocative, enlightening and inspiring. No doubt this new venture will delight you as well! Bring your own beverage; popcorn is provided. Film begins promptly at 6:30 p.m.

Mardi Gras Mayhem

It wouldn't be a C3 Mardi Gras celebration if we didn't create a ruckus! Be here February 19 for your share of the beads!

Knowing You

This is a reminder: Name tags are available for current or new members (see the Connections Desk). Hosts are here to greet you and gladly assist you. We request your family data by completing a blue sheet from the Lobby. These are just a few of the efforts we intentionally take to know you. In turn, please make yourselves at home as much as possible. Stop in to visit, call or email us and please remain involved or become newly involved now! Your skills, time and talents are so important to this dynamic community on its way to new possibilities! With your ongoing encouragement, the Mission and Vision of C3Exchange is as clear as ever:

"To be an alternative to church as usual, to promote and live out core values, to be a caring, inclusive spiritual group that welcomes all and that remains open to the wealth of wisdom, information and tradition found around the world. To be a people guided by responsible freedom, dedicated to vital transformation in our lives, our families and communities and, indeed, the world. To be the change we wish to see in the world."