



9 a.m. Pre-Talk & Awakenings
10 a.m. Gathering
10 a.m. C3 Kids with Ms. Mary and volunteer Sally Alderink
11 a.m. Talk Back

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Green Team Hosts: **Karen Cotton, Joyce & Andy Cawthon, Tom Tosa, Marian Mulette**
Green Team Ushers: **Wayne Johnson, Jane Curtis, Kathy Tosa**

Welcome Table:

Kathy Smith

Next Week: **Red Team**

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C3 Board of Trustees
Chair: **Sally Alderink**
Vice-Chair: **Teresa Colbry**
Secretary: **Valerie Engeltjes**

Treasurer: **Shannon McMaster**

Beth Buelow, Andy Cawthon, Kim Crozier, Tom Edwards, Kathy Humphrey, Wayne Johnson, and Rod Van Abbema

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Next Week!

Speaker:

Kent Dobson

Musicians: **Just Us**

Meditation: **I am C3: TBD**

Gathering Host:

Nelleke Knarr

Kids' Volunteer:

Char Kole



c3westmichigan.org/support

Sunday, July 2, 2023

We Have Questions: What Do We Mean by Trauma?

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Speaker: C3 Teacher **Kent Dobson** helps people orient their life to be in deeper relationship with Mystery, the shape of their own soul, and to a meaningful sense of their unique voice in the world.

Musicians: **Ruth and Max Bloomquist** bring Ruth's award-winning abilities as a songwriter and singer and Max's harmony and touch on the upright bass, to share their heart-touching, acoustic Americana that is all their own. Ruth's trademark rich alto is unmistakable, and her songs evoke images and emotions common to us all.

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Music: **Ruth and Max Bloomquist**

Gathering Host: **Sandy Kate Stephens**

Music: **Ruth and Max Bloomquist**

Meditation: **Andy Cawthon**

Moment of Silence

Reading/Teaching: **Kent Dobson**

What is trauma? As I use the word, "trauma" is an inner injury, a lasting rupture or split within the self due to difficult or hurtful events. By this definition, trauma is primarily what happens within someone as a result of the difficult or hurtful events that befall them; it is not the events themselves. "Trauma is not what happens to you but what happens inside you," is the way I formulate it.

- Gabor Mate

Trauma is perhaps the most avoided, ignored, belittled, denied, misunderstood, and untreated cause of human suffering.

- Peter Levine

Music: **Ruth and Max Bloomquist**

Gathering Host: **Sandy Kate Stephens**

Music: **Ruth and Max Bloomquist**

Remember the Community Meeting July 9!

The short community meeting is next Sunday, right after the Gathering. The Finance and Membership committees are proposing a bylaw change that will allow us to move our annual meeting from February to November. The move aligns better with budget approval and implementation. It also means more of our membership can participate in the meeting before they leave for sunshine and warmer weather. The meeting also will include a report on the search for an executive director and what's going on with C3 and Central Park Place. Even if you can't be there, be sure to vote via proxy (the link can be found in the weekly C3 Update newsletter).

Join in the Fun(d)raising!

Andy Cawthon and several others have embarked on a cool fundraising journey for C3! Andy has pledged to bike 500 miles this summer, self-sponsoring himself at an impressive \$1 per mile. Others are pledging for walking, golfing, running, even going to the beach! This easy, low-overhead, healthy approach will help raise much-needed funds for C3. You can join in by making personal pledges or sponsoring others. It's an "honor system" fundraiser, eliminating the need for accounting. Let's join in and contribute to the C3 cause!

First C3 Billboard is Up!

The generous contributions from C3 members are showing first fruits. Our first billboard was unveiled on June 12, where it will sit at the corner of M-104 and 144th Avenue for four weeks. Two more billboards will be erected on July 10, one north and one south of Grand Haven. Annie Wassmann's design focuses on C3's unique organizational nature: we ask questions to which we don't have all the answers. We're hopeful that this exposure will help those of like minds to know that there is a place for them at C3.

Dine with Nine-ty!

Join us on **Saturday, July 15**, for a delightful twist on our beloved Dine with Nine event! We are expanding this gathering into an "everyone-is-welcome" community dinner at Mulligan's Hollow Lodge in Grand Haven. Dinner begins at 5:30 p.m. To let us know what food you'll bring, kindly utilize the sign-up sheet at the Gathering. Bring your own beverage (alcohol allowed), place setting, utensils, and cups (we're being friendly to Mother Earth). For drop-off convenience, you may drive up to the lodge, but **all** event parking is in the YMCA parking lot. Rain or shine, the event will go on, with ample space indoors and outdoors that is ADA accessible.

Vigil for Peace and Justice is Front-Page News

Have you seen the front-page article in the GH Tribune on June 9 about the Vigil, featuring Sarah Jacobs, Suzi Koster, and Char Zoet? There's a copy on the Membership table! The article resulted from a visit to our weekly Vigil for Peace and Justice by Tribune reporter Lauren Formosa. It's great to receive this positive coverage from the local press, at the same time our billboards are appearing in the community! Of course, the Vigil for Peace and Justice continues every Saturday, April through November. Newcomers are always welcome!

Thanks, and take a month off!

We received a big-hearted "**thank you**" from **Kids Food Basket** for the outpouring of healthy food for hungry kids. **Every Woman's Place** also thanked us for responding in a generous way to its urgent request for underwear. We will take a vacation from **Week 3@C3** in July. Be prepared for collecting school supplies in August.

C3 Kids

Our C3 Kids occupy the space in the Mackinaw Room that has been partitioned off, and sometimes we will hear their voices. Let's welcome that indication of their presence with us and let it be part of our meditation. *Note: If you must leave during the Gathering, exit through the door to the kitchen, and please refrain from exiting during the Meditation and Moment of Silence*

Sunday Dinner Group

We will meet at **Mama's Thai Café** (562 N. Beacon Blvd.) at 5:30 p.m. this evening. Please sign up at the Membership Table before leaving today!

C3 Men's Club

No C3 Men's Group on the Fourth!

The C3 Men's Group will not be meeting this Tuesday, July 4! See you next week!

C3 Book Club and Friends

We're reading *The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures* by Anne Fadiman for Tuesday, July 18. Meet at The Bookman at 6 p.m.

Community Care and Concern

Carolyn DeVries had a fall and badly bruised her hip, but nothing was broken. She will be getting PT at a rehab facility for a week or two. She welcomes texts at 616-502-5432.

Meg Lawton has suffered catastrophic health issues. Her friend in Australia has set up a fundraiser to help with Meg's rehab and other medical expenses. Search She loves without bounds on Facebook to donate. Cards or notes may be sent to Meg via her parents: c/o Mr. & Mrs. Russell, 25/4 Terralong Street, Kiama, NSW, 2533, Australia. You may also see Suzi Koster today to support Meg by purchasing a bracelet made by Nicole Fisher Draft, who is donating the proceeds to Meg's care.