



Sunday, May 26, 2024

The Land Between, Part 2: Breaking Open

9 a.m. Pre-Talk & Awakenings
10 a.m. Gathering
10 a.m. C3 Kids with Miss Mary and volunteer Charity McMaster
11:00 a.m. Talk Back

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White Team Hosts: Patti Baldus, Kathy Humphrey, Chrys Moelter-Gray
White Team Ushers: Barb & Jerry VanLeeuwen, Cindy Krause-Leitner and John Leitner
Welcome Table: Sarah Jacobs
Next Week: Blue Team

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C3 Board of Trustees:
Chair: Teresa Colbry
Vice Chair: Tod Wyn
Treasurer: Andy Cawthon
Secretary: Beth Buelow
Trustees:
Tabitha Blanski,
Karen Cotton,
Kim Crozier,
Cheri Eshenaur,
Kathy Humphrey,
Wayne Johnson,
Rod Van Abbema

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Brad Ruggles,
Lead Teacher
brad@c3westmichigan.org

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Shannon McMaster,
Executive Director
smcmaster@
c3westmichigan.org

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Next Week!
Teacher: Brad Ruggles
Musicians: Grace Theisen
Meditation: Nelleke Knarr
Gathering Host: TBA
Kids' Volunteer:
Sally Alderink



c3westmichigan.org/support

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Lead Teacher: Brad Ruggles has been selected as C3's new Lead Teacher. 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. His interests are diverse and include backpacking, meditation, breath work, yoga, sport kiting, and photography.

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Musicians: Annagail (comprised of Jared and Jennifer Adams) has always defied and stretched genres, equal parts singer/songwriters and rock band. Thinking man 's Americana. Pop for philosophers? Country for the curious? Rock for the recluse? Whatever you call them, Annagail weave heartache and hope for the disillusioned.

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Music: Annagail
Gathering Host: Valerie Engeltjes
Music: Annagail
Meditation: Wayne Johnson
Moment of Silence
Reading/Teaching: Brad Ruggles

The desire for security and the feeling of insecurity are the same thing. To hold your breath is to lose your breath. A society based on the quest for security is nothing more than a breath-retention contest in which everyone is as taut as a drum and as purple as a beet.
– Alan Watts, *The Wisdom of Insecurity*

Without some sort of guidance and reframing, we don't understand the necessary ebb and flow of life, the ascents and descents, and the need to embrace our tears as well as our triumphs. Without standing on the threshold for much longer than we're comfortable, we won't be able to see beyond ourselves to the broader and more inclusive world that lies before us.
– Richard Rohr, *Seeing Beyond Ourselves (Daily Meditation, May 1, 2020)*

How strange that the nature of life is change, yet the nature of human beings is to resist change. And how ironic that the difficult times we fear might ruin us are the very ones that can break us open and help us blossom into who we were meant to be.
– Elizabeth Lesser, *Broken Open*

Music: Annagail
Gathering Host: Valerie Engeltjes
Music: Annagail



Brad Ruggles is Our New Lead Teacher

We extend a warm welcome to Brad Ruggles as our new Lead Teacher. After his selection by the Hiring Team, the Board of Trustees affirmed that selection. Members who were present at the May 5 Gathering approved the choice by show of hands. He has joined us already, jumping in with both feet! Please also say hello and welcome to Lisa!

C3 Summer Celebration

Mark Thursday, July 18, as the C3 Summer Celebration! We will recognize Brad Ruggles as our Lead Teacher and Shannon McMaster as our Executive Director with a potluck supper at Mulligan's Hollow. Expect more details as the date gets closer.

C3 Pride T-Shirts!

The C3 Rainbow Pride shirts have been ordered. They will be available for pickup at the Pride Fest on June 8 at the C3 booth or at the Sunday Gathering on June 9. Perfect for wearing at the Grand Haven Pride Festival or anywhere you want to spread a little love and inclusion!

Donations of Stocks and Bonds

C3 will gratefully accept donations of stocks and bonds. We are researching the most cost-effective brokerage account for C3 to utilize. If you're considering such a donation, please contact Andy Cawthon, treasurer@c3westmichigan.org, to begin the process. We thank you for your continued support!

Week 3@C3

Thank you to all who contributed to the backpack project for Muskegon Heights Public Library. If you would still like to contribute, we are accepting gifts of cash for markers and pencil cases.

No Sunday Dinner Group

Due to the expected crowds for the Memorial Day weekend, there will be no Sunday Dinner Group this week.

C3 Men's Club

The C3 Men's Group meets each Tuesday, 7 to 8:30 p.m., at St. John's Episcopal Church in Grand Haven, Room B. Contact Phil Koster at 616-402-1751 for more information.

Vigil for Peace and Justice

Everyone is invited to join us along Washington Avenue at Central Park from noon to 1 p.m. each Saturday, to bring thoughts of peace to the world.

Women's Journey

Our next meeting will be on Monday, June 17, 6:30 p.m. at The Bookman. Come prepared with a joke, a favorite travel memory, and a summer recipe.

C3 Book Club and Friends

On Tuesday, June 18, we meet at The Bookman at 6:30 p.m. to discuss *Sisters Under the Rising Sun: A Novel* by Heather Morris.

Do You Share Our Values?

Deciding to be a member of C3 is a commitment to being part of a community of people sharing a set of common values, not necessarily common beliefs. This unique approach gives us members the freedom to think, while acting congruently with our values. Visitors who share our values can participate, but members have made a commitment to perform the organizational work necessary to achieve our vision of living a good life and helping others to do the same. To become a member, stop by the Welcome Table and sign up.

Honor and Memorial Giving

A donation was made in honor of **Margaret Willey** in appreciation of her kindness to Reed Smith, Mark and Kathy Smith's grandson.

Submitting News Items

News to be included in the C3 Update or C3 Matters should be submitted to Becky Park, frontdesk@c3westmichigan.org, or Chrys Moelter-Gray at cgmgray@mac.com by Wednesday morning.

Community Care and Concern

Contact: **Cheryl Van Abbema, 616-402-3108; Mike and Charlotte Rozich, 517-918-5483 or 517-918-5464.**

Cindy Anderson had knee replacement surgery on May 2, and is recovering at home. Cards may be sent to 15016 Stickney Ridge Road, Grand Haven, MI 49416.

Tom Tosa passes along greetings and thanks from Kathy for the messages of concern and support as she remains with their son Michael in Australia.