



Sunday, June 30, 2024

Unfolding - An Invitation to Surrender to Life's Flow

9 a.m. **Pre-Talk**
10 a.m. **Gathering**
10 a.m. **C3 Kids** with
Miss Mary and volunteer
Sally Alderink
11:00 a.m. **Talk Back**

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White Team Hosts:
Patti Baldus, Kathy Humphrey,
Chrys Moelter-Gray, Deb Schubert

White Team Ushers:
Barb & Jerry Van Leeuwen,
Cindy Krause-Leitner & John Leitner

Welcome Table: **Kathy Smith**

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

Shannon McMaster,
Executive Director
smcmaster@
c3westmichigan.org

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Next Week!
Teacher: **Brad Ruggles**
Musicians: **Ruth and Max Bloomquist**
Meditation: **Karri Absenger**
Gathering Host: **Valerie Engeltjes**
Kids' Volunteer: **Ryan Cotton**



c3westmichigan.org/support

Lead Teacher: **Brad Ruggles** (he/him), our lead teacher, 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.

Musician: **Molly** (she/her) is an award-winning singer-songwriter from Grand Rapids. She writes to explore what it means to be a Black woman in America. Her unique past and desire for a sense of freedom inform both her emotive style and her thought-provoking lyrics, making for a moody, eclectic, colorful, and soulful sound.

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Music: Molly

Gathering Host: Mary Ellen Mika

Music: Molly

Meditation: Rod Van Abbema

Moment of Silence

Reading/Teaching: Brad Ruggles

"My formula for success was very simple: Do whatever is put in front of you with all your heart and soul without regard for personal results. Do the work as though it were given to you by the universe itself - because it was. "

"Surrender...taught me to willingly participate in life's dance with a quiet mind and an open heart."

- Michael Singer, *The Surrender Experiment*

Music: Molly

Gathering Host: Mary Ellen Mika

Music: Molly



Today is the Day for our Walk and Talk!

After Talk Back today, we will meet at 12:30 p.m. at Coast Guard Park (18161 North Shore Drive, Ferrysburg) for an engaging Conversation Walk. Gather in the parking lot and we will set out on a hike or a leisurely walk, depending on your preference. David Dean can answer any questions this morning.

News Items for This Week's C3 Update and C3 Matters

Due to the July 4 holiday this week, please submit any items for inclusion in the newsletter or C3 Matters to Becky (frontdesk@c3westmichigan.org) and Chrys (cgmgray@mac.com) by Monday (tomorrow!) afternoon. This will give us time to get things ready before the holiday.

C3 Summer Celebration

Don't miss the highlight of the summer, our C3 Summer Celebration! On Thursday, July 18, we will recognize Brad Ruggles as our Lead Teacher and Shannon McMaster as our Executive Director with a potluck supper at Mulligan's Hollow. Sign up for your food contribution now at the Outreach table.

A Note from Patti about Small Bites

We have had some wonderful spontaneous donations for our Small Bites table, beyond those that our regular volunteers bring in. Thank you so much! I just have a very simple request. If you (very generously) bring in something for Small Bites, please leave a note on it with your name, so I can give you credit for the donation, and so I know to whom to return the plate. Thank you.

Week 3@ C3

Thank you to all who contributed to the Green Valley Samaritans. We collected \$1,002. Please note we take a break from Week 3@C3 in July. Stay tuned for August's project at the end of July.

Sunday Dinner Group at the Park

For the summer, the Sunday Dinner Group will meet at William Ferry Park in Ferrysburg at 5:30 p.m. Bring your own picnic items, or stop and pick up some take-out food on the way! No need to sign up—just come!

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

The Vigil for Peace and Justice happens each Saturday along Washington Avenue at Central Park, from noon to 1 p.m. All are welcome!

C3 Book Club and Friends

Book Club continues to meet through the Summer at The Bookman at 6:30 p.m. Upcoming reads:

July 23: *The Woman They Could Not Silence* by Kate Moore

August 27: *The House in the Cerulean Sea* by T.J. Klune

September 24: *Bicycling with Butterflies* by Sarah Dykman

Awakenings on Pause this Summer

Awakenings will not meet on Sundays at 9:00 a.m. this summer. The fall schedule is yet to be determined.

Women's Journey

Women's Journey will adjourn for the summer.

Community Care and Concern

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

Lois Bennett, mother of **Pete (Julia) Bennett** passed away June 7. Services were held June 12 at St. Mary's Catholic Church in Spring Lake. Condolences may be sent to Pete and Julia at 13987 Lincoln Grand Haven, MI 49417.

Jeff Crandle's mother, **Nancy**, passed away June 2. A memorial service was held on June 24 at VanZantwick's Grand Haven chapel. Condolences may be sent to Jeff at 16045 Harbor Point Dr. Spring Lake, 49456.

Connie Farell was admitted to Trinity Hospital, Friday, June 21, and received IV fluids for dehydration. Options for continuing care are being explored as the bulletin is being prepared.

Amy Hodson, mother of **Dave Hodson (Susan)**, died on June 13 in Muskegon. Notes of support and condolence can be sent to Dave and Susan at 2880 Rolling Hills Court, Hudsonville, MI 49426.

Pam Park had surgery on a smashed thumb at the end of May. She says dinner donations would be appreciated. Call 616-834-7461 to coordinate. Cards may be sent to 11682 152nd Avenue, West Olive, MI 49460-9232.