



Sunday, July 7, 2024

Unfolding - It Is What It Is

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

.....
Blue Team Hosts:
Mark & Kathy Smith,
Cheryl Van Abbema

Blue Team Ushers:
Kim Crozier, Karen Frederiksen,
Phil Leech, Beth Buelow

Welcome Table: **Dick Kamischke**

Next Week: **Gold Team**

.....
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

.....
Brad Ruggles,
Lead Teacher
brad@c3westmichigan.org

Shannon McMaster,
Executive Director
smcmaster@
c3westmichigan.org

.....
Next Week!
Teacher: **Beth Buelow**
Musicians: **Sweet Lady Bees**
Meditation: **Beth Buelow**
Gathering Host: **Tod Wyn**
Kids' Volunteer: **Charity McMaster**



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.

Musicians: **Ruth and Max Bloomquist** have played for us often over many years. Ruth and Max have been making music together since they met in 1975 and discovered their shared love not only for each other, but for music and songs made with acoustic instruments and featuring lyrics from the heart. Ruth and Max immersed themselves in folk, bluegrass, country, singer songwriters, and other acoustic music to create a sound and style all their own.

.....
Music: **Ruth and Max Bloomquist**

Gathering Host: **Valerie Engeltjes**

Music: **Ruth and Max Bloomquist**

Meditation: **Karri Absenger**

Moment of Silence

Reading/Teaching: **Brad Ruggles**

"Life rarely unfolds exactly as we want it to. And if we stop and think about it, that makes perfect sense. The scope of life is universal, and the fact that we are not actually in control of life's events should be self-evident. The universe has been around for 13.8 billion years, and the processes that determine the flow of life around us did not begin when we were born, nor will they end when we die. What manifests in front of us at any given moment is actually something truly extraordinary—it is the end result of all the forces that have been interacting together for billions of years."
- Michael Singer, *The Surrender Experiment*

"Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."
- Victor Frankl, *Man's Search for Meaning*

Music: **Ruth and Max Bloomquist**

Gathering Host: **Valerie Engeltjes**

Music: **Ruth and Max Bloomquist**



What a Nice Day for a Conversation Walk!

After the Gathering last Sunday, a group of about 30 met at Coast Guard Park for an engaging Conversation Walk. The weather was perfect as we set out on a hike, enjoyed conversation with C3 friends, and strengthened our connections to nature and each other.

C3 Summer Celebration Community Potluck

On Thursday, July 18, we will recognize Brad Ruggles as our Lead Teacher and Shannon McMaster as our Executive Director with a 5:30 p.m. potluck supper at Mulligan's Hollow. Sign up for your food contribution now at the Outreach table. Be sure to bring your own beverage (alcohol allowed), table setting, utensils, and cups. (We're being kind to Mother Earth by not using disposables). The event will happen rain or shine, since there's plenty of room inside and out, and it's ADA accessible.

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. We usually number six to eight participants. Can we make it a dozen?

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

Women's Journey

Women's Journey will adjourn for the summer. Our next meeting will be on September 23 at 6:30 p.m. at The Bookman.

Values in Action

We offer a wide range of opportunities for you to make a difference and get involved. Check out the Outreach or Welcome Table after the Gathering.

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 our 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.

Community Care and Concern

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

Connie Farell was discharged from Trinity Hospital in Muskegon, admitted to Hospice care and returned to Lake Woods on 7/1. She would love to have cards and visitors. Her address is Lake Woods Nursing and Rehabilitation Center, 1684 Vulcan St, Room 4, Muskegon, MI 49442

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.