



Sunday, July 14, 2024

Unfolding - Knowing When to Fold 'Em

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

.....
Gold Team Hosts: **Betty Porter,**
Jean Regester, Jenny Roberts &
Bob Burleigh, Mike & Charlotte Rozich

Gold Team Ushers:
Rod & Cheryl Van Abbema,
Cheri Eshenaur, Martha Perko

Welcome Table: **Ellie Williams**

Next Week: **Green 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: **Brad Ruggles**
Musician: **Kyle Rasche**
Meditation: **Bob Kleinheksel**
Gathering Host: **Mark Smith**
Kids' Volunteer: **Patti Baldus**

Core Teacher: **Beth Buelow** (she/her) has been part of the C3 Community since March 2018 and has loved every minute of it. She's a business owner; leadership, team, and mentor coach; author, speaker, and mediator, and she has added photographer to the list of ways she wants to be known in the world.

Musicians: **Sweet Lady Bees** is a female duo of life-long musicians and long-time friends whose singing voices brought them together. Katie Romig from Allendale and Robyn Schopp from West Olive have been jamming and harmonizing as Sweet Lady Bees since 2022. They cover music ranging from country to 70s rock to 80s pop, and they love giving audiences new ways of experiencing familiar songs!

.....
Music: **Sweet Lady Bees**

Gathering Host: **Tod Wyn**

Music: **Sweet Lady Bees**

Meditation: **Brad Ruggles**

Moment of Silence

Reading/Teaching: **Beth Buelow**

The act of folding is far more than making clothes compact for storage. It is an act of caring, an expression of love and appreciation for the way these clothes support your lifestyle. Therefore, when we fold, we should put our heart into it, thanking our clothes for protecting our bodies.
- Marie Kondo, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*

You gotta know when to hold 'em, know when to fold 'em, know when to walk away, know when to run.

- Kenny Rogers, *The Gambler*

Music: **Sweet Lady Bees**

Gathering Host: **Tod Wyn**

Music: **Sweet Lady Bees**





C3 Summer Celebration Community Potluck

It's this week! 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—or just come! 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 in July. We collected \$1,002. We take a break from Week 3@C3 in 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.

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.

Information for C3 Matters or C3 Update

Please send any announcement for the C3 Update and/or C3 Matters to Becky (Frontdesk@c3westmichigan.org) and Chrys (cgmgray@mac.com) by Tuesday of the week you would like it included.

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 returned to Lake Woods on July 1st and is under the care of Hospice. She has moved to a new room, and may move again soon. Her current address is: Lake Woods Nursing and Rehabilitation Center, 1684 Vulcan St, Room 43, Muskegon, MI 49442

Betty Porter underwent a heart catheterization procedure on Tuesday, after experiencing heart and blood pressure issues recently. She has been referred to Henry Ford Hospital in Detroit for cardiovascular surgery. She is waiting to be scheduled.

Cindy Van Ittersum's sister Patricia Aycox died on Monday, July 8. She lived in Schenectady, NY, where she was a teacher, singer extraordinaire, and a very kind lady. Cards can be addressed to Cindy at 18286 W. Spring Lake Road, Spring Lake, MI 49456.