



Sunday, July 21, 2024

Unfolding – Welcoming Mara

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

Green Team Hosts: Joyce & Andy Cawthon, Karen Cotton, Marian Mulette, Tom Tosa, Sandy Kate & Chuck Stephens
Green Team Ushers: Rod & Cheryl Van Abbema, Cheri Eshenaur, Martha Perko

Welcome Table: Ellie Williams
Next Week: Red 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: Ruth Zwald, Musician: Mike Ward: Psychosongs, Meditation: Leslie Newman, Gathering Host: Nelleke Knarr, Kids' Volunteer: Sally Alderink



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: Kyle Rasche (rhymes with Kashi, he/him) has carved his place as one of West Michigan's most dependable songsmiths of the poetic, soul-bearing sort. 2021 saw his foray back into the solo-songwriter world, with a pile of new songs, and an updated list of accolades—including being named a finalist in Kerrville Folk Festival's prestigious New Folk Songwriting competition.

Music: Kyle Rasche

Gathering Host: Mark Smith

Music: Kyle Rasche

Meditation: Bob Kleinheksel

Moment of Silence

Readings/Teaching: Brad Ruggles

This seems a sort of paradox to say this, but the principle of unity – of coming to a sense of oneness with the whole of the rest of the universe – is not to try to obtain power over the rest of the universe. That will only disturb it and antagonize it and make it seem less one with you than ever. The way to become one with the universe is to trust it as you would another, and say: "Let's see what you're going to do."

- Alan Watts

But Radical Acceptance also means not overlooking another important truth: the endless creativity and possibility that exist in living. By accepting the truth of change, accepting that we don't know how our life will unfold, we open ourselves to hope so that we can move forward with vitality and will.

– Tara Brach, Radical Acceptance: Embracing Your Life With the Heart of a Buddha

Music: Kyle Rasche

Gathering Host: Mark Smith

Music: Kyle Rasche



### **C3 Summer Celebration Community Potluck**

At the Summer Celebration on Thursday night we recognized Brad Ruggles as our Lead Teacher and Shannon McMaster as our Executive Director. More details about the festivities next week!

### **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!

### **A Note of Thanks from Kathy Tosa:**

"Tom and I would like to thank everyone for their thoughts, wishes and prayers for our son, Michael, who was paralyzed in a motocross accident this past May. Michael continues to improve daily and this past weekend was able to walk and stand for 4 minutes! His progress is amazing and so is your support."

### **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**

C3 Book Club and Friends gather at 6:30 p.m. at The Bookman this Tuesday, July 23, for our conversation about *The Woman They Could Not Silence* by Kate Moore. On August 27, the group meets at 50 Howard Ave. in Grand Haven, on the Cawthon's porch to discuss: *The House in the Cerulean Sea* by T.J. Klune. On September 24 we return to The Bookman to discuss *Bicycling with Butterflies* by Sarah Dykman.

### **Women's Journey**

Women's Journey is paused for July and August.

### **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.

### **Thanks to Our Small Bites Contributors**

Your generosity and willingness to bring us treats on a regular (or emergency) basis is a valued part of our Sunday morning experience! If you'd like to join the group and bring some treats to our Gathering on a once-per-month basis, contact Patti (patbaldus5@gmail.com). We always welcome new volunteers!

### **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.

### **Community Care and Concern**

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

### **Cindy Dobrez' brother Robert James**

**Kittleson** died on July 4 in Grand Haven. His obituary can be read by searching his name under Obituaries at Clock Funeral Home. Cards to Cindy (and Rich) should be addressed to 15348 Cove Street, Grand Haven, MI 49417

**Connie Farrell** is now located in Room 45 at Lake Woods Nursing and Rehabilitation Center, 1684 Vulcan Street, Muskegon, MI 49442. She is under hospice care, and appreciates visitors and cards.

**Pat Johnson** had knee replacement surgery a couple weeks ago, and is working hard at PT, looking forward to driving again and having both knees fully functional and pain free! Cards can be sent to 220 Sherman Street, Grand Haven, MI 49417.

**Betty Porter** is scheduled for heart surgery (stent) on Monday morning, July 22. She will be accompanied by her two daughters to Henry Ford Hospital in Detroit.

### **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.

### **Bob Wassink's brother Stewart**

**Wassink**, age 86, passed away on July 15, under hospice care in Holland.