



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**

.....  
*Red Team Hosts:* **Sarah Jacobs,**  
**Skip & Mary Ackerson,**  
**Yvonne Olmsted, Char Zoet**  
*Red Team Ushers:* **Tom Webber,**  
**Joyce & Andy Cawthon**  
*Welcome Table:* **Jeff Crandle**  
*Next Week:* **White 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:* **Sammie Hershock**  
*Meditation:* **Nelleke Knarr**  
*Gathering Host:* **Mary Ellen Mika**  
*Kids' Volunteer:* **Char Kole**



[c3westmichigan.org/support](http://c3westmichigan.org/support)

**Sunday, July 28, 2024**

***Unfolding – Nature Does What It Does***

.....  
*Core Teacher:* **Ruth Zwald** makes her home on a farm, starting every dawn with good coffee and the crow of the rooster. She watches the moon and never misses a solstice or equinox turning. Ruth is a Mesa Carrier on the Peruvian Medicine Path, which involves personal healing, transformational healing for others, and creating ceremony and ritual for ourselves and for the earth.

*Musician:* **Mike Ward's** songwriting echoes through empty city streets, back country roads and family portraits. It also resides in the hidden spaces between joy and tragedy, love and loss. He brings a unique perspective to his songwriting after working 40 years in the advertising industry while continuing a lifelong passion for hockey, which resulted in his nickname "PsychoWard."

.....  
**Music:** **Mike Ward**  
**Gathering Host:** **Nelleke Knarr**  
**Music:** **Mike Ward**  
**Meditation:** **Leslie Newman**  
**Moment of Silence/';=[-**

**Readings/Teaching:** **Ruth Zwald**

When despair for the world grows in me and I wake in the night at the least sound in fear of what my life and my children's lives may be, I go and lie down where the wood drake rests in his beauty on the water, and the great heron feeds. I come into the peace of wild things who do not tax their lives with forethought of grief. I come into the presence of still water. And I feel above me the day-blind stars waiting with their light. For a time I rest in the grace of the world, and am free.

Wendell Berry, *The Peace of Wild Things*

...it is not enough to weep for our lost landscapes; we have to put our hands in the earth to make ourselves whole again. Even a wounded world is feeding us. Even a wounded world holds us, giving us moments of wonder and joy. I choose joy over despair. Not because I have my head in the sand, but because joy is what the earth gives me daily and I must return the gift.

Restoration is imperative for healing the earth, but reciprocity is imperative for long-lasting, successful restoration. Nature herself is a moving target, especially in an era of rapid climate change. We're not in control. What we are in control of is our relationship to the earth.  
 - Robin Wall Kimmerer, *Braiding Sweetgrass*

**Music:** **Mike Ward**  
**Gathering Host:** **Nelleke Knarr**  
**Music:** **Mike Ward**



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

Over 80 people came out to play, laugh, eat, and totally enjoy the beautiful evening. The winners of the second annual corn hole tournament were Lexie and Jim Fischer, known as *Team Big Fisch*. Several deer were seen walking around the grounds, amazing Lisa and Brad! Teresa Colbry summed up the evening's vibe when she pointed out that what we choose to do as a community matters and our members matter to each other. She acknowledged what a gift Brad and Shannon are to our community. The last people left the fire pit around 9:30 p.m., attesting to the great conversations and connections everyone experienced. Many thanks to a great and glorious team of people who all were eager to show up early, decorate, arrange, and again stay late to clean up.

### **School Supplies for Muskegon Heights Elementary Schools**

Our Week 3@C3 project for August entails collecting teacher-requested items for Edgewood Elementary (Pre-K - Grade 2) and Dr. Martin Luther King Elementary (Grades 3-6). Please see the list at the Week3@C3 table. These items will be collected on August 4, 11, and 18.

### **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**

Please note that there will be no Vigil next Saturday, August 3, due to the Coast Guard Parade.

### **C3 Book Club and Friends**

On **August 20**, 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 17** 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.

### **Community Care and Concern**

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

(Care and Concern, cont'd)

### **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 Farell** is 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** had heart surgery at Henry Ford Hospital in Detroit last Monday. She is doing well and recovering at home for a week. Thank you to all who sent encouraging messages. Cards may be sent to 17499 Meadowwood Drive, Spring Lake, MI 49456.

### **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."

### **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.