



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

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*White Team Hosts:* **Patti Baldus,**  
**Kathy Humphrey, Chrys Moelter-Gray**  
*White Team Ushers:*  
**Barb & Jerry VanLeeuwen,**  
**Cindy Krause-Leitner & John Leitner**  
*Welcome Table:* **Sarah Jacobs**  
*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](mailto:brad@c3westmichigan.org)

**Shannon McMaster,**  
*Executive Director*  
[smcmaster@c3westmichigan.org](mailto:smcmaster@c3westmichigan.org)

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**Next Week!**  
*Teacher:* **Brad Ruggles**  
*Musician:* **Genna and Jesse**  
*Meditation:* **Charity McMaster**  
*Gathering Host:* **Beth Buelow**  
*Kids' Volunteer:* **Eleanor Hills**



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

**Sunday, August 4, 2024**

***Unfolding – Why, that’s me!***

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*Lead Teacher:* **Brad Ruggles** (he/him) 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:* **Sammie Hershock** (she/her) almost became a cloistered Catholic nun at the age of 18. Now she travels around Michigan singing songs about not knowing the answers. She weaves her humor and playfulness into the depth of the human existence, so audience members sometimes laugh and cry simultaneously. She is an award-winning Michigan-based songwriter, classically-trained pianist who majored in sacred music with an emphasis on the pipe organ, and she has three incredible children.

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Music: **Sammie Hershock**

Gathering Host: **Mary Ellen Mika**

Music: **Sammie Hershock**

Meditation: **Nelleke Knarr**

Moment of Silence

Readings/Teaching: **Brad Ruggles**

The nitrogen in our DNA, the calcium in our teeth, the iron in our blood, the carbon in our apple pies were made in the interiors of collapsing stars. We are made of starstuff.  
We are a way for the universe to know itself.  
– Carl Sagan, *Cosmos*

Through our eyes, the universe is perceiving itself. Through our ears, the universe is listening to its harmonies. We are the witnesses through which the universe becomes conscious of its glory, of its magnificence. We do not “come into” this world; we come out of it, as leaves from a tree. As the ocean “waves,” the universe “peoples.” Every individual is an expression of the whole realm of nature, a unique action of the total universe.  
– Alan Watts

Music: **Sammie Hershock**

Gathering Host: **Mary Ellen Mika**

Music: **Sammie Hershock**



### **Surprise!**

In an effort to ease congestion at the entry and give a lift to the setting, we're experimenting with a new seating arrangement for a few weeks. We have wider aisles and additional side entrances from the outside. We look out to the north and the live roof. There are also some unknowns, such as how the audio/visual setup will work. Both Pre-Talk and Talk Back will take place in the room used for Talk Back, allowing Miss Mary and the kids earlier access to their room.

Your feedback and suggestions are encouraged. There are index cards on the Outreach table and a suggestion box to put them in, or pass along your ideas to Rod, Shannon, or Brad.

### **Help Needed for Set-up and Tear Down**

With the change to setup services offered by the city, we have begun doing our own setup on Sunday morning. Let Rod Van Abbema know if you can help out for any of the next several Sundays. We plan to organize rotating setup teams as we move ahead.

### **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 3-5). Please see the list at the Week 3@C3 table. These items will be collected today and on August 11 and 18.

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

Over 80 people came out to play, laugh, eat, and totally enjoy the beautiful evening on July 18. The corn hole tournament was won by Lexie and Jim Fischer. 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. Great conversations and connections delighted everyone. Many thanks to a great and glorious team of people who showed up early, decorated, arranged, and then stayed late to clean up.

### **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**

After taking yesterday off for the Coast Guard Parade, the Vigil resumes next Saturday from noon to 1 p.m. along Washington Avenue at Central Park.

### **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.

### **Info for C3 Matters or C3 Update**

Please send any announcement for the C3 Update and/or C3 Matters to Chrys (cgmgray@mac.com) & Becky (Frontdesk@c3westmichigan) 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.**

### **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

**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 recently. She is doing well and recovering at home. Thank you to all who sent encouraging messages. Cards may be sent to 17499 Meadowood 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."

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

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