



Sunday, August 11, 2024

**You Can't Handle the Truth:
Why the 'Fake - It' Culture Is Failing Us**

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

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Blue Team Hosts: **Kathy & Mark Smith, Cheryl Van Abbema, Annie Wassmann & Tom Edwards**
Blue Team Ushers:
Karen Frederiksen, Kim Crozier, Phil Leech, Beth Buelow
Welcome Table: **Dick Kamischke**
Next Week: **Gold Team**

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C3 Board of Trustees:
Chair: **Teresa Colbry**
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Tabitha Blanski
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Kathy Humphrey
Wayne Johnson
Rod Van Abbema

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Brad Ruggles,
Lead Teacher
brad@c3westmichigan.org

Shannon McMaster,
Executive Director
smcmaster@c3westmichigan.org

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Next Week!
Teacher: **Mimi Bush**
Musician: **Josh Rose**
Meditation: **Wayne Johnson**
Gathering Host: **Chrys Moelter-Gray**
Kids' Volunteer: **Patti Baldus**



c3westmichigan.org/support

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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.

Musicians: **Genna and Jesse**, drawing inspiration from their romantic nomadic lifestyle, might best be described as modern troubadours, generously offering listeners glimpses of their always-moving world with something fresh, true and genuinely independent. Their music features quirky chemistry, intricate vocal harmonies and ardent storytelling.

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Music: **Genna and Jesse**
Gathering Host: **Beth Buelow**
Music: **Genna and Jesse**
Meditation: **Charity McMaster**
Moment of Silence
Readings/Teaching: **Brad Ruggles**

Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are. Choosing authenticity means cultivating the courage to be imperfect, to set boundaries, and to allow ourselves to be vulnerable; exercising the compassion that comes from knowing that we are all made of strength and struggle; and nurturing the connection and sense of belonging that can only happen when we believe that we are enough. Authenticity demands Wholehearted living and loving—even when it's hard, even when we're wrestling with the shame and fear of not being good enough, and especially when the joy is so intense that we're afraid to let ourselves feel it. Mindfully practicing authenticity during our most soul-searching struggles is how we invite grace, joy, and gratitude into our lives.

— Brené Brown, *The Gifts of Imperfection: Let Go of Who You Think You're Supposed to Be and Embrace Who You Are*

Beauty can be coaxed out of ugliness. Wabi-sabi is ambivalent about separating beauty from non-beauty or ugliness. The beauty of wabi-sabi is in one respect, the condition of coming to terms with what you consider ugly.

— Leonard Koren, *Wabi-Sabi: for Artists, Designers, Poets & Philosophers*

Music: **Genna and Jesse**
Gathering Host: **Beth Buelow**
Music: **Genna and Jesse**



New Seating Layout for Sunday Gatherings

Over the next few weeks, we'll be trying out some different room layouts in an attempt to make the room more comfortable and functional for us while we're here. In addition to setting up the stage on the north side of the room, we'll also be moving Pre-Talk to the room where Talk Back occurs. If you have any feedback about the changes, email Brad (brad@c3westmichigan.org) and let him know.

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 few Sundays. We plan to organize rotating setup teams as we move ahead.

Week 3@C3

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 next Sunday. Please note that no more felt-tip markers are needed.

We received a thank you from the Friends of Muskegon Heights Public Library for the donation of equipped backpacks for summer reading program students. Through the combined effort of Week 3@ C3 and Muskegon area organizations, the Friends were able to distribute 120 backpacks, 40 supplied by Week 3@C3.

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 continues to be a quiet presence for peace in our community, each Saturday from noon to 1 p.m. along Washington Avenue at Central Park. You are always welcome to join us.

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. Our next meeting will be September 23 at 6:30 pm at The Bookman.

Thank You!

Whatever your gift is to C3—time, talent and/or treasure—WE THANK YOU!! Please know what a difference you are making! It truly takes a village!

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.org) 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.**

Connie Farell has just moved to a new living situation, at Harbor Homes Assisted Living & Memory Care in Norton Shores near Muskegon Trinity Hospital. Her new mailing address will soon be available.

Betty (Jean) Porter and her medical team continue to work on determining the cause of ongoing high blood pressure issues, as she recuperates from surgery at home. Cards may be sent to 17499 Meadowwood Drive, Spring Lake, MI 49456.

Former Christ Community Church member **Howard J. Van Till** died recently. He was a well-known professor (Calvin College), scientist, and writer. His obituary can be searched for at obits.mlive.com.