



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**

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*Gold Team Hosts:*  
**Jenny Roberts & Bob Burleigh,**  
**Jean Regester**  
*Gold Team Ushers:*  
**Cheryl & Rod Van Abbema,**  
**Cheri Eshenaur, Martha Perko**  
*Welcome Table: Ellie Williams*  
*Next Week: Green 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**

**Shannon McMaster,**  
*Executive Director*  
**smcmaster@**  
**c3westmichigan.org**

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**Next Week!**  
*Teacher: Brad Ruggles*  
*Musician: Stanley & Quiggle*  
*Meditation: Andy Cawthon*  
*Gathering Host: Rod Van Abbema*  
*Kids' Volunteer: Charity McMaster*



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

**Sunday, August 18, 2024**

**Riding the Wave: Seeking Balance**

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*Guest Teacher: Rev. Miriam Bush* is semi-retired, but continues to offer Spiritual Direction and leads various opportunities to pay attention to one's life journey. She has been in ministry for 39 years serving as pastor, spiritual care coordinator at LifeCircles, and retreat leader. She has three grown children, three grandchildren, lives in the woods, and kayaks as often as possible.

*Musician: Josh Rose*, teacher and song craftsman, has spent the past ten years touring the Midwest, teaching, writing, and creating a rich body of work. He is the type of writer who labors over every word and wants his song to be injected into the listener's permanent being. His works are plucked from the air, like lightning bugs destined for an old Mason jar, polished like the ancient stones in the Flat River.

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 Music: **Josh Rose**  
 Gathering Host: **Chrys Moelter-Gray**  
 Music: **Josh Rose**  
 Meditation: **Wayne Johnson**  
 Moment of Silence  
 Readings/Teaching: **Miriam Bush**

I've decided to make up my mind about nothing, to assume the water mask, to finish my life disguised as a creek, an eddy, joining at night the full, sweet flow, to absorb the sky, to swallow the heat and cold, the moon and the stars, to swallow myself in ceaseless flow.  
 – Jim Harrison, *Cabin Poem (from Pause for Beauty/ Heron Dance)*

Wisdom is the art of balancing the known with the unknown, the suffering with the joy; it is a way of linking the whole of life together in a new and deeper unity ...  
 Wisdom is the art of living in rhythm with your soul, your life, and the divine.  
 – John O'Donohue, *Anam Cara*

...We are urged to be clever and successful and always in control. But this practice asks us to relinquish the illusion of control and to be content with whatever comes our way. This seems so strange and different from the usual way. But it is the way of life itself.  
*Tao TeChing – Chapter 20 ("A Path and a Practice," William Martin translation)*

Music: **Josh Rose**  
 Gathering Host: **Chrys Moelter-Gray**  
 Music: **Josh Rose**



### **New Seating Layout for Sunday Gatherings**

We are trying out some different room layouts in an attempt to make the room more comfortable and functional for us while we're here. The stage is on the north side of the room, and Pre-Talk has been moved 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, or could serve on a rotating team.

### **Week 3@C3**

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

Our Week 3@C3 project for August wraps up today. We are collecting teacher-requested items for Edgewood Elementary (Pre-K - Grade 2) and Dr. Martin Luther King Elementary (Grades 3-5).

We received a thank you from the Friends of Muskegon Heights Public Library for the 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.

We also received a note from the Green Valley Sahuarita Samaritans (The Good Shepherd UCC) from Sahuarita, Arizona, for our Week 3@C3 donation to them. They wrote: *These are especially challenging times in the borderlands. Your support means a great deal to us. Thank you for your generous donation of \$1002 to help us continue our work.*

### **Sunday Dinner Group at the Park**

The Sunday Dinner Group meets at William Ferry Park in Ferrysburg at 5:30 p.m. There's no need to sign up—just bring your own picnic items, or stop for some take-out food on the way!

### **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.

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

This Tuesday, August 20, the group meets at 6:30 p.m. on the Cawthon porch (50 Howard Avenue, GH) to discuss: *The House in the Cerulean Sea* by T.J. Klune. September 17, we return to The Bookman to discuss *Bicycling with Butterflies* by Sarah Dykman.

### **Vigil for Peace and Justice**

The Vigil for Peace and Justice continues to be a quiet C3 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.

### **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.

### **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** recently moved to a new living situation near Muskegon Trinity Hospital. She is in room 206, in the second building on the right. Cards may be sent to Connie Farell at Harbor Homes Assisted Living and Memory Care, 2689 Vulcan Street, Norton Shores, MI 49444.

### **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!

### **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.