



Sunday, August 25, 2024

Simma Down Nah

.....

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

.....
Green Team Hosts:
Joyce & Andy Cawthon,
Karen Cotton, Marian Mulette,
Sandy & Chuck Stephens, Tom Tosa

Green Team Ushers:
Wayne Johnson, Jane Curtis,
Kathy Tosa

Welcome Table: **Kathy Smith**
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: **Michael DeWilde**
Musician: **Molly**
Meditation: **TBA**
Gathering Host: **Kathy Tosa**
Kids' Volunteer: **Sally Alderink**



c3westmichigan.org/support

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: **Stanley & Quiggle** (Owen & Jamie, he/him for both) are an indie-folk duo from Big Rapids, who were connected by music in their late high school years and paired up to embark on this journey together. With their vocals and a variety of instruments, they create an atmosphere filled with strong emotion and wonder. Having the rest of their lives to make music, the two hope to make an impact and have stories to tell along the way.

.....

Music: **Stanley & Quiggle**

Gathering Host: **Rod Van Abbema**

Music: **Stanley & Quiggle**

Meditation: **Andy Cawthon**

Moment of Silence

Readings/Teaching: **Brad Ruggles**

Things are as they are. Looking out into the universe at night, we make no comparisons between right and wrong stars, nor between well and badly arranged constellations.
– Alan Watts

... one thing we do know from our research is that sharing these stories of trauma or suffering as related to the issue are one way to build respect because they make you seem rational. Having a deep personal experience I can still recognize that someone else had a different deep experience. And we can all have a story, personally or otherwise, that's about this kind of trauma on one side of the issue. And then the pragmatic issue is usually about preventing additional trauma.
– Dr. Kurt Gray

Music: **Stanley & Quiggle**

Gathering Host: **Rod Van Abbema**

Music: **Stanley & Quiggle**



Seating Layout for Sunday Gatherings

We continue to tweak the room layout 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.

Week 3@C3

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

We look forward to our next book discussion on September 17 at 6:30 p.m. at The Bookman. We will 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 the summer. Our next meeting will be September 23 at 6:30 pm at The Bookman.

Save the date

C3's fall Adopt-A-Highway pick up will be Saturday, September 28.

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. Address: 2869 Vulcan Street, Norton Shores, MI 49444. Cards and visits are welcome.

Our former interim leader **Barbara Lee Van Horsen's** son **Jackson Selb** transitioned from this life into light on Friday, August 16, after a long struggle with a terminal illness. A funeral took place on Friday, August 23. The obituary is on the Sytsema website. Cards can be sent to 10 Lafayette Avenue, Grand Haven, MI 49417.

Joan Sutton is receiving hospice services at home. She welcomes cards, calls (616-844-7082), and visits. Call or text **Gayle** (616-846-0400) to check on visit times. The address is 18892 148th Avenue, Grand Haven, MI 49417.

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.