



Sunday, May 25, 2025

**Sacred Earth
Week 7: A More Beautiful World**

9 a.m. **Pretalk**
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,
Chrysteen Moelter-Gray
Gold Team Ushers: **Martha Perko,**
Rod Van Abbema, Cheri Eshenaur
Welcome Table: **Ellie Williams**
Next Week: **Green Team**

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C3 Board of Trustees:
Chair: **Teresa Colbry**
Vice Chair: **Kathy Humphrey**
Treasurer: **Andy Cawthon**
Secretary: **Tod Wyn**
Trustees:
Tabitha Blanski
Karen Cotton
Kim Crozier
Bill Haug
Wayne Johnson

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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: **Jazz McKinney**
Music: **Abigail Stauffer**
Gathering Host: **Kathy Tosa**
Meditation: **David Dean**
Kids' Volunteer: **Danielle Dykert**
Setup Volunteer: **Rod Van Abbema**



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Lead Teacher: **Brad Ruggles**, (he/him) joined C3 as Lead Teacher a year ago in May 2024. He 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, photography, and cold plunging.

Musicians: **Whorled**, described by Local Spins as "a road trip for the ears," transports their audiences with a fresh blend of re-imagined Celtic, bluegrass, French Café, and jazz influences. The trio is guitarist and digeridooist Thom Jayne, fiddler Keala Venema, and accordionist Mariko Venema. They met by chance at a traditional Irish session, the magic was immediate, and they were soon creating their own signature fusion style. In 2023, they won two Jammie Awards for their debut album "Reimagined" and had three tunes on WYCE's top 100 spins.

Music: **Whorled**

Gathering Host: **Nelleke Knarr**

Music: **Whorled**

Meditation: **Wayne Johnson**

Moment of Silence

Reading/Teaching: **Brad Ruggles**

Interbeing means "co-being". You cannot be by yourself alone. You have to "interbe" with everybody and everything else. For instance, if you look deeply into a flower, you find it is made of non-flower elements like sunshine, clouds, rain and soil. Without these non-flower elements, a flower cannot exist. So, it is better to say that the flower "interbes" with the sunshine and it cannot be by itself, alone. It is the case with humans also. I am here because you are there.
– Thích Nhất Hạnh, *How To Fight* (2017)

The state of interbeing is a vulnerable state. It is the vulnerability of the naïve altruist, of the trusting lover, of the unguarded sharer. To enter it, one must leave behind the seeming shelter of a control-based life, protected by walls of cynicism, judgment, and blame.
– Charles Eisenstein, *The More Beautiful World Our Hearts Know Is Possible* (2013)

Music: **Whorled**

Gathering Host: **Nelleke Knarr**

Music: **Whorled**



BOT News

The C3 Board of Trustees meets at 6:30 p.m., Wednesday, May 28, at the C3 office, 1447 Washington, Grand Haven. You are welcome to join the meeting if you are interested in learning more about upcoming planning.

Counting Team Needs a New Member

This involves working with one other person every fifth week for about 15-20 minutes after Sunday Gathering, starting the first week of July. Please see Lana Brock.

Parks Clean-Up in Spring Lake

Thanks to all the volunteers who picked up trash, especially along the waterfront, at Millpoint and Tanglefoot Parks in Spring Lake last Saturday. It was cool and blustery, but the group persevered and collected several bags full, including a discarded kitchen faucet! Special thanks to Mike and Charlotte Rozich for organizing the event.

Week 3@C3 for June

AgeWell Services in Muskegon (responsible for Meals on Wheels) serves Ottawa, Muskegon, and Oceana counties. They note: "Your help is urgently needed! We are experiencing an increased demand for meals right here in West Michigan. Our seniors need your help!" Because of increased demand coupled with funding cuts, AgeWell Services currently cannot keep up with the requests for meals. See this week's C3 Update for detailed information, but donations are truly needed. Giving Sundays are June 1, 8 and 15. Checks, cash and credit card are accepted. Make checks out to C3, noting for AgeWell Services; put cash in an envelope labelled "Week3@C3—AgeWell Services" or see Chase for credit card giving.

Last Chance Today for Plant Up and Fly Right!

We will accept donations today after the Gathering, before our efforts close for this year's campaign. Visit the Outreach Table to make a donation in honor of loved ones for Memorial Day. Your check, made out to C3, with "Plant Up," your email address and honoree's name on the memo line, will allow us to tell you where your tree is eventually planted. Thanks to all who contributed!

Volunteer at the Grand Haven Pride Festival

This is a great opportunity to support the broader festival on Saturday, June 14 (separate from our C3 booth), connect with the community, and enjoy a fun, inclusive atmosphere. You'll meet lots of great people while helping out in a way that fits your schedule. The committee is especially looking for volunteers to work in the Kids Zone. Visit the Grand Haven Pride website (<https://ghpride.org/volunteer/>) to choose an activity and time that works for you.

Cardboard Chaos: Join the C3 Flotation Nation!

Start saving strong pieces of cardboard! We're (questionably) racing in the Grand Haven Cardboard Boat Race on Saturday, July 26, at 1:30 p.m. Armed with duct tape, cardboard, and zero nautical wisdom, we need bold folks to help build or pilot our (soggy?) masterpiece. Want in? Email brad@c3westmichigan.org

Sunday Supper Group

Sign up to join the group at Taco Jalisco for supper this evening at 5:30 p.m. The list is at the Membership table.

C3 Men's Group

The C3 Men meet from 7 to 8:30 p.m. on Tuesdays in the Choir Room at St. John's Episcopal Church. For questions, call Phil Koster at 616-402-1751.

Join the Vigil for Peace and Justice

Bring a sign (or borrow one of ours and stand with us to support the rights, freedoms, and dignity of all people, every Saturday, noon to 1 p.m. on Washington Avenue at Central Park.

C3 Book Club and Friends

The C3 Book Group met this past week and selected their books for the coming year. On June 17, 6 p.m. at the Bookman, we will discuss *The Leisure Seeker* by Michael Zadoorian. Everyone is welcome to join us for the discussions.

Mindful Living Group date change

The next session of the Mindful Living Group is scheduled for the fourth Wednesday, June 25, 6:30 to 7:30 p.m., at Loutit District Library due to room availability.

Women's Journey

There is no meeting scheduled for the summer months. If you have an activity to share, contact Becky at frontdesk@c3westmichigan.org

Save the Date!

Please reserve the evening of Sunday, July 20 to take part in our Summer Celebration at Mulligan's Hollow. More details soon.

Community Care and Concern

Contact: Cheryl Van Abbema,
616-402-3108

Interbeing

By Thích Nhất Hạnh

If you are a poet, you will see clearly that there is a cloud floating in this sheet of paper. Without a cloud, there will be no rain; without rain, the trees cannot grow; and without trees, we cannot make paper. The cloud is essential for the paper to exist. If the cloud is not here, the sheet of paper cannot be here either. So we can say that the cloud and the paper inter-are. “Interbeing” is a word that is not in the dictionary yet, but if we combine the prefix “inter-” with the verb “to be,” we have a new verb, inter-be. Without a cloud and the sheet of paper inter-are.

If we look into this sheet of paper even more deeply, we can see the sunshine in it. If the sunshine is not there, the forest cannot grow. In fact, nothing can grow. Even we cannot grow without sunshine. And so, we know that the sunshine is also in this sheet of paper. The paper and the sunshine inter-are. And if we continue to look, we can see the logger who cut the tree and brought it to the mill to be transformed into paper. And we see the wheat. We know the logger cannot exist without his daily bread, and therefore the wheat that became his bread is also in this sheet of paper. And the logger’s father and mother are in it too. When we look in this way, we see that without all of these things, this sheet of paper cannot exist.

Looking even more deeply, we can see we are in it too. This is not difficult to see, because when we look at a sheet of paper, the sheet of paper is part of our perception. Your mind is in here and mine is also. So we can say that everything is in here with this sheet of paper. You cannot point out one thing that is not here-time, space, the earth, the rain, the minerals in the soil, the sunshine, the cloud, the river, the heat. Everything co-exists with this sheet of paper. That is why I think the word *inter-be* should be in the dictionary. “To be” is to inter-be. You cannot just be by yourself alone. You have to inter-be with every other thing. This sheet of paper is, because everything else is.

Suppose we try to return one of the elements to its source. Suppose we return the sunshine to the sun. Do you think that this sheet of paper will be possible? No, without sunshine nothing can be. And if we return the logger to his mother, then we have no sheet of paper either. The fact is that this sheet of paper is made up only of “non-paper elements.” And if we return these non-paper elements to their sources, then there can be no paper at all. Without “non-paper elements,” like mind, logger, sunshine and so on, there will be no paper. As thin as this sheet of paper is, it contains everything in the universe in it.