



C3
Spiritual
Community

9 a.m. **Pretalk**
10 a.m. **Gathering**
10 a.m. **C3 Kids** with
Miss Mary and volunteer
Ryan Cotton
11:00 a.m. **Talk Back**

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Red Team Hosts: **Yvonne Olmsted,**
Sarah Jacobs, Char Zoet,
Skip & Mary Ackerson,
Steve & Rita Coutré,
Red Team Ushers: **Tom Webber,**
Joyce & Andy Cawthon
Welcome Table: **Jeff Crandle**
Next Week: **White 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: **Allison Paradise**
Music: **Katie Dahl**
Gathering Host: **Mary Ellen Mika**
Meditation: **Ty Papke**
Kids' Volunteer: **Charity McMaster**
Setup Volunteer: **Wayne Johnson**



c3westmichigan.org/support

Sunday, June 8, 2025

Psychedelic Summer
Week 1: Tune In

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Lead Teacher: **Brad Ruggles** (he/him) joined C3 as Lead Teacher 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.

Musician: **Molly** (she/her) is an award-winning singer-songwriter from Grand Rapids. She writes to explore what it means to be a Black woman in America. Her unique past and desire for a sense of freedom inform both her emotive style and her thought-provoking lyrics, making for a moody, eclectic, colorful, and soulful sound

Music: **Molly**

Gathering Host: **Mark Smith**

Music: **Molly**

Meditation: **Andy Cawthon**

Moment of Silence

Reading/Teaching: **Brad Ruggles**

The quieter you become, the more you can hear.

– Ram Dass

Life lived in the absence of the psychedelic experience that primordial shamanism is based on is life trivialized, life denied, life enslaved to the ego.

– Terence McKenna

There are things known and there are things unknown, and in between are the doors of perception.

– Aldous Huxley, *The Doors of Perception*

Music: **Molly**

Gathering Host: **Mark Smith**

Music: **Molly**



Grand Haven Coast Guard Kids Parade

Save the date of July 26, to see our C3 kids in action marching in the Kids Parade 10:30 a.m. Invite friends and neighbors to participate. What a great way to showcase our values and reach out to young families! More to follow.

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. Donations are truly needed. Giving Sundays are today and June 15. Checks, cash and credit card are accepted. Make checks out to C3, noting for AgeWell Services; put cash in an envelope labelled "Week 3@C3—AgeWell Services" or see Chase for credit card giving.

One Last Ask: Can You Help on a Counting Team?

One of the important unseen jobs that gets done each Sunday is done by a Counting Team. That's right, they count and record any funds donated, and make sure those funds get to the C3 bank account to be used to keep this dynamic community running! This task involves working with another person once a month for about 15-20 minutes after Sunday Gathering. The "new" person will start the first week of July. Please contact Lana Brock (231-740-6679) to indicate your willingness to take on this role.

It's Grand Haven Pride Fest Time!

This year's event happens next Saturday, June 14! C3 is a sponsor and we will have a booth in the Vendor Market from noon to 5 p.m. Stop by, talk with festival attendees about what a great, welcoming place C3 is, then check out and enjoy all the festivities! See <https://ghpride.org/festival/> for the schedule of events.

C3 Summer Celebration

Get ready for another fun and food extravaganza! The C3 Summer Celebration takes place on Sunday, July 20, 5:30 p.m. at Mulligan's Hollow Lodge right next to the Tri-Cities YMCA. If you want to help with games or any activities, please email joycevcawthon@gmail.com to help with all the fun! Signup sheet will be at the Membership table.

Check Out Our New Member Directory!

After years with Wild Apricot, we have transitioned to a new member directory service, Member Planet. The directory is linked to our C3 website or you can find it here: <https://c3westmichigan.memberplanet.com/> Please feel free to reach out to Shannon (smcmaster@c3westmichigan.org) with questions.

Sunday Supper Group

Sign up at the Membership table to join the group at Ted's for supper this evening at 5:30 p.m.

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

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 discussion.

Mindful Living Group

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.

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.

Community Care and Concern

Contact: **Cheryl Van Abbema, 616-402-3108**

Callan Robert Kleinheksel was born on 5/20/25 to Jessica and Caden Kleinheksel (Bob Kleinheksel's eldest son). Congratulations, **Grandpa Bob!**

Former C3 employee and member **Allison Rockey**, who worked at C3 under Ian Lawton many years ago, passed away on May 30, 2025, at home, surrounded by her husband Paolo, her beloved mother Linda, and dear friends. She had recently been treated seemingly successfully for breast cancer, but succumbed to an aggressive cancer a few months later.