



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

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*White Team Hosts:* **Patti Baldus, Elisha DeVries, Kathy Humphrey, Chrys Moelter-Gray**  
*White Team Ushers:*  
**Cheryl Van Abbema, Barb & Jerry VanLeeuwen, John Leitner & Cindy Krause-Leitner**  
*Welcome Table:* **Sarah Jacobs**  
*Next Week:* **Blue 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:* **Brad Ruggles**  
*Music:* **Kyle Joe**  
*Gathering Host:* **Beth Buelow**  
*Meditation:* **Charity McMaster**  
*Kids' Volunteer:* **Renee Borton**  
*Setup Volunteer:* **Mike Westra**



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

**Sunday, June 15, 2025**

***Psychedelic Summer***  
***Week 2: Consciousness and Creativity***

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*Guest Teacher:* **Allison Paradise** has spent her career challenging people to see their relationship to themselves, each other, and the planet in a new way. She is the founder and CEO of The Epicenter and the founder and former CEO of My Green Lab. Allison holds degrees in neuroscience from Brown and Harvard.

*Musician:* **Katie Dahl** is known for her smart songs, wry wit, and wise spirit. A small-town celebrity on the Wisconsin peninsula where her family has lived for 175 years, Katie is also an internationally touring, radio-charting artist who “delivers razor-sharp lyrics with a hearty, soulful voice” (American Songwriter). In live shows that are both courageously honest and devilishly funny, Katie dives deep into questions of land and love, family and body image, grief and joy. “In unsettled times,” says Peter Mulvey, “Katie Dahl brings us a grounded spirit.”

**Music: Katie Dahl**

**Gathering Host: Mary Ellen Mika**

**Music: Katie Dahl**

**Meditation: Ty Papke**

**Moment of Silence**

**Reading/Teaching: Allison Paradise**

The greatest force is derived from the power of thought.  
 The finer the element, the more powerful it is. The silent power of thought influences people even at a distance, because mind is one as well as many.  
 —Swami Vivekananda

Way out in the water, see it swimming.  
 - Pixies

**Music: Katie Dahl**

**Gathering Host: Mary Ellen Mika**

**Music: Katie Dahl**



### Check Out the Banners!

C3 has banners on the light poles in downtown GH— one in front of the Floto's building (currently home to a summer retailer called NB's), and the other in front of Oddside, on the 1st & Washington corner, right above their Side Car truck. Take a look—then take a selfie near the banners for C3's social media and post it on Instagram!

### Plant Up and Fly Right Tally

Ryan Cotton shared the results last Sunday: a total of \$4800 was donated to fund 60 trees (8 to 12 feet high). Garry Post from the Ferrysburg Tree Board attended the Gathering and thanked C3 for this investment in the community and the environment. On Monday, June 16, at the Ferrysburg City Council meeting, there will be a ceremony to present the check. All are invited to attend. Many thanks to Ryan for leading this effort and to all who donated.

### Last Week for 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." Because of that and funding cuts, AgeWell currently cannot keep up with the requests for meals. Donations are truly needed. Checks, cash and credit cards 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. This is the last week for this effort.

### 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](mailto:joycevcawthon@gmail.com) to help with all the fun! Signup sheet will be at the Membership table.

### Grand Haven Coast Guard Kids Parade

Save the date of July 26, to see our C3 kids in action marching in the Kids Parade at 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.

### 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](mailto: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.

### Location Suggestions Still Welcome

Shannon still welcomes suggestions of possible future locations for C3. If you see something interesting, please share the location with him.

### 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

This Tuesday, June 17, we meet at 6 p.m. at the Bookman, to talk about *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](mailto:frontdesk@c3westmichigan.org).

### Community Care and Concern

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

**Claire Bryson**, wife of John G. Bryson, passed away on April 21. John was a former organist and choir director at CCC for many years. A memorial service will be held at St. John's Episcopal Church at 10 a.m. on June 21. Memorials may be given to the Loving Spoonfuls meal ministry at St. John's.

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

Former C3 member **Allison Rockey** died on May 30, 2025, at home surrounded by her husband Paolo, beloved mom Linda, and dear friends. She had recently been treated seemingly successfully for breast cancer, but succumbed to an aggressive cancer a few months later. Read her tribute here: <https://www.online-tribute.com/AllisonRockey>