



Sunday, June 22, 2025

**Psychedelic Summer**  
**Week 3: New Ways of Seeing**

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

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*Blue Team Hosts:*  
**Cheryl Van Abbema,**  
**Mark & Kathy Smith,**  
**Tom Edwards & Annie Wassmann**  
*Blue Team Ushers:*  
**Kim Crozier, Phil Leech,**  
**Beth Buelow, Karen Cotton**  
*Welcome Table: Marian Mullette*  
*Next Week: Gold 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: Michael DeWilde*  
*Music: Daniel Bracken*  
*Gathering Host: Tod Wyn*  
*Meditation: Bob Kleinheksel*  
*Kids' Volunteer: Patti Baldus*  
*Setup Volunteer: Shannon McMaster*



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

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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: Kyle Joe* (he/him) has carved his place as one of West Michigan's most dependable songsmiths of the poetic, soul-bearing sort. 2021 saw his foray back into the solo-songwriter world, with a pile of new songs, and an updated list of accolades—including being named a finalist in Kerrville Folk Festival's prestigious New Folk Songwriting Competition. He recently released two singles, *Michigan Man* and *Take it Easy*.

*Music: Kyle Joe*  
*Gathering Host: Beth Buelow*  
*Music: Kyle Joe*  
*Meditation: Charity McMaster*  
*Moment of Silence*

*Reading/Teaching: Brad Ruggles*

Psychedelics, used responsibly and with proper caution, would be for psychiatry what the microscope is for biology and medicine or the telescope is for astronomy.  
– Stanislav Grof

One way to get free of attachment is to cultivate the witness consciousness, to become a neutral observer of your own life. The witness place inside you is simple awareness, the part of you that is aware of everything—just noticing, watching, not judging, just being present, being here now. The witness is actually another level of consciousness.  
– Ram Dass, *Polishing the Mirror*

Motivations and desires affect our perceptions. We don't necessarily see things as they are. We see them as we are.  
– Ram Dass, *Polishing the Mirror*

What is most important about psychedelics is not the psychedelic experience itself but what you do with it afterward.  
– Alexander Shulgin

*Music: Kyle Joe*  
*Gathering Host: Beth Buelow*  
*Music: Kyle Joe*



### Shannon's Recent Email

On June 13, Shannon sent an email to the C3 mailing list, with the heading, "Finding Our Future Home Together – An Update from C3." Check your inbox if you missed it.

### We Were Born This Way

This past weekend was a beautiful expression of our values in action! C3 showed up with heart and color at Grand Haven's Third Annual PRIDE Fest where our volunteers handed out temporary tattoos, popsicles, and plenty of good vibes. We had great conversations with folks curious about C3 and connected with familiar faces—including Jazz McKinney (our PRIDE Month kickoff speaker) as well as friends and former C3 speakers Bendr Bones and Luis Cypher of TST West Michigan.

### Plant Up and Fly Right Tally

Thanks to numerous donors, Ryan Cotton, and the Outreach Team, a check for \$4800 was given to the Ferrysburg Mayor and City Council from C3 on Monday, June 16. As the check was presented, names of people in whose honor trees were donated were read.

### 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!

### 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 Picnic Supper Group

Sunday Night Supper Group will meet at Spring Lake Central Park at 5:30 today. Enter the park through the arch by Ace Hardware or by the entrance on Fruitport Road. It's a short walk to the shelter house and picnic tables. Bring your own food and beverages. Come rain or shine. All are welcome. No reservations necessary.

### 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 as we demonstrate our C3 values, every Saturday, noon to 1 p.m. on Washington Avenue at Central Park.

### 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.

### C3 Book Club and Friends

Our next meeting takes place July 15, 6 p.m. at the Bookman to share thoughts about *The Nightingale* by Kristen Hannah. Everyone is welcome to join us for the discussion.

### 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 was held at St. John's Episcopal Church 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>