



Sunday, June 29, 2025

**Psychedelic Summer**

**Week 4: Mirth, Mushrooms, and Amelioration: What do Psychedelics "Heal"?**

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:*  
**Betty Porter, Jean Regester,**  
**Jenny Roberts & Bob Burleigh**  
*Gold Team Ushers:* **Martha Perko,**  
**Rod Van Abbema, Cheri Eshenaur**  
*Welcome Table:* **Jeff Crandle**  
*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:* **Brad Ruggles**  
*Music:* **Ruth & Max Bloomquist**  
*Gathering Host:* **Chrys Moelter-Gray**  
*Meditation:* **Abby Black**  
*Kids' Volunteer:* **Sally Alderink**  
*Setup Volunteer:* **Tod Wyn**



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

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*Core Teacher:* **Michael DeWilde** (he/him), a core Guest Teacher at C3, is the director of the Koeze Business Ethics Initiative in the Seidman College of Business, as well as a full professor in the Management Department at GVSU. He holds an MTS from Harvard University and did his undergraduate work at William James College (GVSU).

*Musician:* **Daniel Bracken**, Michigan-based songwriter and finger-style guitarist, plays music informed by his rich history as a recordist and producer for Public Media, and as a performer in the US and Ireland. In recent years Dan has delved deeper into personal songcraft, a wholehearted mix expressing the crossroads of spirituality, wistfulness, and humor. His songs embrace many of the storytelling qualities of traditional Irish and American roots music.

**Music: Daniel Bracken**

**Gathering Host: Tod Wyn**

**Music: Daniel Bracken**

**Meditation: Bob Kleinheksel**

**Moment of Silence**

**Reading/Teaching: Michael DeWilde**

How poor are they that have not patience! What wound did ever heal but by degrees?  
– Shakespeare, *Othello, Act II*

Psychedelics are a way of shaking up the snow globe.  
– Robin Carhart-Harris

To fall in hell, or soar angelic, you need a pinch of psychedelic.  
– Humphrey Osmond

Nobody stopped thinking about those psychedelic experiences. Once you've been to some of those places, you think, 'How can I get back there again but make it a little easier on myself?'  
– Jerry Garcia

**Music: Daniel Bracken**

**Gathering Host: Tod Wyn**

**Music: Daniel Bracken**



### **Update from the Board of Trustees**

At their June 25 meeting, the Board decided to increase its membership from the current 9 back to 11. The size of the board of trustees has typically been 11, but was decreased the past couple years to 9 for a variety of reasons. However, the board now feels it is important to have an increased amount of community representation and therefore plans to recruit two new members fairly soon. Annual Board elections will take place at the Community Meeting in November.

### **Support for HFP**

Thank you for your support for our Week 3@C3 project for May! We were able to collect and send \$750 to Humanity for Prisoners to assist with their great humanitarian work with incarcerated individuals in Michigan.

### **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.

### **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. Please invite friends and/or family members who might be C3-curious! 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! The sign-up 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**

Now is the time to show solidarity with actions for peace and justice. Bring a sign (or borrow one of ours) and stand with us as we demonstrate our C3 values to the community, every Saturday, noon to 1 p.m. on Washington Avenue at Central Park.

### **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.

### **Mindful Living Group**

The next session of the Mindful Living Group is scheduled for the Wednesday, July 16, 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**