



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

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Red Team Hosts: **Char Zoet, Skip & Mary Ackerson, Yvonne Olmsted, Sarah Jacobs**
Red Team Ushers:
Tom Webber, Bob Wassink
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: **Spencer LaJoye**
Gathering Host: **Nelleke Knarr**
Meditation: **Margaret Willey**
Kids' Volunteer: **Julia Davey**
Setup Volunteer: **Jon Job**



c3westmichigan.org/support

Sunday, July 13, 2025

Psychedelic Summer
Week 6: Ritual & Ceremony

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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: **Audrey Pearson** is a versatile and passionate musician based in West Michigan, known for her work as a vocalist, multi-instrumentalist, audio engineer, and music teacher—and also occasionally the sound technician for us at C3. Her unique style of indie-folk Americana resonates with authenticity and emotional depth, reflecting her commitment to growing a style that is both organic and true to her heart.

Music: **Audrey Pearson**
Gathering Host: **Valerie Engeltjes**
Music: **Audrey Pearson**
Meditation: **Rod Van Abbema**

Moment of Silence

Reading/Teaching: **Brad Ruggles**

Ceremony focuses attention so that attention becomes intention. If you stand together and profess a thing before your community, it holds you accountable. Ceremonies transcend the boundaries of the individual and resonate beyond the human realm. These acts of reverence are powerfully pragmatic. These are ceremonies that magnify life.
 – Robin Wall Kimmerer

Ritual affirms the common patterns, the values, the shared joys, risks, sorrows, and changes that bind a community together. Ritual links together our ancestors and descendants, those who went before with those will come after us.
 – Starhawk

Many indigenous traditions still recognize the place of ceremony and often focus their celebrations on other species and events in the cycle of the seasons. In a colonist society the ceremonies that endure are not about land; they're about family and culture, values that are transportable from the old country. Ceremonies for the land no doubt existed there, but it seems they did not survive emigration in any substantial way. I think there is wisdom in regenerating them here, as a means to form bonds with this land.
 – Robin Wall Kimmerer

Music: **Audrey Pearson**
Gathering Host: **Valerie Engeltjes**
Music: **Audrey Pearson**



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 to 9 the past couple years 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.

C3 Wants to Hire a Childcare Assistant (Independent Contractor)

Help create a safe, nurturing space for our youngest community members. C3 Spiritual Community is seeking a caring, reliable Childcare Assistant to join our Sunday morning children's team for 3-4 hours per week. This independent contractor role supports our primary Children's Program Lead by offering attentive care, especially to infants and toddlers, during our weekly gatherings. If interested, send your resume and references to our Executive Director, Shannon McMaster - smcmaster@c3westmichigan.org .

C3 Summer Celebration

Wow! The C3 Summer Celebration takes place next Sunday, **July 20**, 5:30 p.m. at Mulligan's Hollow Lodge! That's right next to the Tri-Cities YMCA. Come one, come all! Feel free to invite friends and/or family members who might be C3-curious! Remember to bring your own place setting and beverage! If you want to help with games or any activities, contact joycevcawthon@gmail.com! Sign-up sheet will be at the Membership table.

Introducing C3 Bookshelf – A New Fundraiser!

Starting soon, gently used books will be for sale near the Week 3@C3 table on Sundays. Donate books through Char Zoet, and purchase any book for \$5—or pay what you can. All proceeds support the new C3 Capital Fund (held in a separate account at ChoiceOne Bank). Questions? Contact Andy Cawthon or Char Zoet. Some details are still being finalized.

Details! Grand Haven Coast Guard Kids Parade

Get ready for fun at the Coast Guard Kids Parade on **Saturday, July 26** at 10:30 a.m.! Families should arrive by 10:00 a.m. to line up in the parking lot at **5th & Franklin (across from the courthouse)**. Everyone's invited to march along—parents, grandparents, aunts, uncles, cousins—and kids are welcome to bring their friends! You don't have to attend C3 to join the fun, so let's get as many kids involved as we can. The C3 kids want to wear tie-dye shirts, and any C3 shirts are also great to wear. This is a fantastic way to celebrate our values, build community, and connect with young families!

C3 Cardboard Boat Construction is Underway!

Construction has begun on the C3 Cardboard Flotilla entry in the Coast Guard Festival Cardboard Boat Race. Mark your calendars for the big race on **July 26**, 1:30 p.m. at Waterfront Stadium.

Week 3@C3 - Support for HFP and Agewell

Thank you for your backing of our Week 3@C3 efforts. In May, we raised \$750 to send to Humanity for Prisoners, and in June you contributed \$265 for Agewell Services. We take a break from Week 3@C3 in July, and will be back in August, with focus on a good start of the year for students in Muskegon Heights Schools.

Sunday Picnic Supper Group

Sunday Night Supper Group will continue to meet at Spring Lake Central Park at 5:30 through the summer. We meet in the shelter, which is a short walk on paved surfaces from either entrance (the arch by Ace Hardware or the entrance on Fruitport Road). Bring your own food and beverages. All are welcome, rain or shine, no reservations necessary.

C3 Book Club and Friends

Our next meeting is Tuesday, 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.

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

Join us to make a strong statement of solidarity for peace and justice. Bring a sign (or borrow one of ours) as we demonstrate our C3 values to the community, every Saturday, noon to 1 p.m. on Washington Avenue at Central Park.

Mindful Living Group

Our next session is Wednesday, July 16, starting 6:30 p.m., at Loutit District Library. One of the lovely benefits of this group is the informative blog sent out by Kerry following each month's meeting.

Women's Journey

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

Community Care and Concern

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