



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

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White Team Hosts: **Patti Baldus,**
Kathy Humphrey, Deb Schubert,
Chrys Moelter-Gray
White Team Ushers:
Jerry & Barb VanLeeuwen,
John Leitner &
Cindy Krause-Leitner,
Cheryl Van Abbema
Welcome Table: **Sarah Jacobs**
Next Week: **Blue Team**

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

Brad Ruggles,
Lead Teacher
brad@c3westmichigan.org

Shannon McMaster,
Executive Director
smcmaster@
c3westmichigan.org

Next Week –
Teacher: **Brad Ruggles**
Music: **Grace Theisen and**
Carolyn Koebel
Gathering Host: **Mark Smith**
Meditation: **Tod Wyn**
Kids' Volunteer: **Charity McMaster**
Setup Volunteer: **Wayne Johnson**



c3westmichigan.org/support

Sunday, July 20, 2025

Psychedelic Summer

Week 7: Consciousness and Creativity, Part 2

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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: **Spencer LaJoye** (they/them) is an East Coast singer/songwriter from the Midwest making queer indie folk music for everyone. The 2021 Kerrville Songwriting Competition winner spins crystalline vocals through a loop pedal while strumming an acoustic guitar in charming, banter-heavy performances that keep audiences laughing one moment and weeping the next.

Music: **Spencer LaJoye**

Gathering Host: **Nelleke Knarr**

Music: **Spencer LaJoye**

Meditation: **Margaret Willey**

Moment of Silence

Reading/Teaching: **Allison Paradise**

You may be an undigested bit of beef, a blot of mustard, a crumb of cheese, a fragment of underdone potato. There's more of gravy than of grave about you, whatever you are!

- Charles Dickens, *A Christmas Carol*

Music: **Spencer LaJoye**

Gathering Host: **Nelleke Knarr**

Music: **Spencer LaJoye**



C3 Summer Celebration

It's today! The C3 Summer Celebration happens today, 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!

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.

Details! Grand Haven Coast Guard Kids Parade

Get ready for fun at the Coast Guard Kids Parade next **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 Continues!

Construction continues 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, a couple hours after the Kids Parade.

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.

Send Us Your C3 Photos

The Membership Committee is looking ahead - to the Annual Community Meeting on November 2! Please send your photos of C3 events and C3 Members to frontdesk@c3westmichigan.org to be displayed at the information tables at that meeting.

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.

No Sunday Picnic Supper Group

The C3 Summer Celebration is tonight, so join us at Mulligan's Hollow this week!

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 get together will happen on Wednesday, August 27 at 6:30 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 frontdesk@c3westmichigan.org

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.

Community Care and Concern

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