



C3
Spiritual
Community

Sunday, July 27, 2025

Psychedelic Summer

Week 8: Intention & Integration: Finding Meaning in the Mystery

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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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Blue Team Hosts:
Mark & Kathy Smith,
Cheryl Van Abbema,
Annie Wassman & Tom Edwards
Blue Team Ushers: **Kim Crozier,**
Phil Leech, Beth Buelow,
Karen Cotton
Welcome Table: **Marianne Mulette**
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: **Brad Ruggles**
Music: **Eli Kahn**
Gathering Host: **Rod Van Abbema**
Meditation: **Abby Black**
Kids' Volunteer: **Sally Alderink**
Setup Volunteer: **Chrys Moelter-Gray**



c3westmichigan.org/support

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.

Musicians: **Grace Theisen** (she/her) is a queer Americana artist originally from Kalamazoo. After graduating from Hope College in 2014 with a double major in Gender Studies and Psychology, Grace moved to Nashville from 2015 to 2018 to run her nonprofit, Songs Against Slavery. She returned to Kalamazoo in 2019 and has been influential in the Michigan music scene. She is one-third of the band The Rebel Eves. Grace will be joined onstage by **Carolyn Koebel**. Carolyn (she/her) has been exploring rhythm and vibration for the past thirty years. She is known for her eclectic musical collaborations throughout the region. Much of her work focuses on rhythm-based music therapy and music for self-healing and Spiritual connection.

Music: **Grace Theisen & Carolyn Koebel**
Gathering Host: **Mark Smith**
Music: **Grace Theisen & Carolyn Koebel**
Meditation: **Tod Wyn**

Moment of Silence

Reading/Teaching: **Brad Ruggles**

If you get the message, hang up the phone. For psychedelic drugs are simply instruments, like microscopes, telescopes, and telephones. The biologist does not sit with eye permanently glued to the microscope, he goes away and works on what he has seen.

–Alan Watts

The man who comes back through the Door in the Wall will never be quite the same as the man who went out. He will be wiser but less sure, happier but less self-satisfied, humbler in acknowledging his ignorance yet better equipped to understand the relationship of words to things, of systematic reasoning to the unfathomable mystery which he tries, forever vainly, to comprehend.

– Aldous Huxley, *The Doors of Perception*

Music: **Grace Theisen & Carolyn Koebel**
Gathering Host: **Mark Smith**
Music: **Grace Theisen & Carolyn Koebel**



Update from the Board of Trustees

Three items of note were handled at the BoT meeting on July 23.

-The BoT has identified a cost range to drive further search for a new location (including rent vs. own). Survey will be forthcoming.

-An Internal Audit committee will be forming - please contact Shannon if interested.

-The BoT has also identified two different processes for community members to participate in the monthly meeting:

The C3 member may reach out to the BoT secretary to gather details of request and then add this to the agenda.

In addition, a Community Comment time of 3 minutes per member will be allotted at the end of the meeting; no action will be taken at that time.

C3 Summer Celebration

The C3 Summer Celebration is in the books! And it was a good one—over 80 people attended! Plenty of delicious eats, the traditional corn hole tournament (winners Jim and Lexi Fischer), lots of kids making big, beautiful bubbles, and conversations galore. Thanks to Joyce and Andy, David, Rod and Cheryl, and everyone who helped plan, organize, and clean up.

What's Your Third Place? – Special Guest Teacher August 10

Author Richard Kyte (philosopher, writer, and speaker) will join us as Guest Teacher on August 10, prior to conducting the workshop “Find Your Third Place” at The Bookman that afternoon at 3 p.m. The store will also hold a community discussion about the book *Finding Your Third Place* on Wednesday, August 6, at 6:30 p.m.

August's Week 3@C3 Project

We are collecting back-to-school supplies for Muskegon Heights Public School Academy System on August 3, 10, 17 and 24. Both school supplies from the list and contributions by check, cash or credit card are accepted. Make out checks to C3 with Week 3@C3 in the notation line; enclose checks or cash in a labeled envelope. See Chase for credit card donations. A printed list of supplies is available at the Week 3 Table.

Introducing C3 Bookshelf – A New Fundraiser!

C3 Bookshelf opens for the first time on Sunday, August 6, at the Week 3@C3/C3 Bookshelf table. Self-serve books available for \$5 per book or “Pay What You Can”. Hours 9:30 - 11:30 a.m. All proceeds support the new C3 Capital Fund. (Book donation info in the newsletter).

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.

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.

C3 Picnic Group

We meet at William Ferry Park in Ferrysburg at 5:30. Bring your own food and drink; no reservations needed!

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.

Vigil for Peace and Justice

The Vigil is suspended next week, Saturday, August 2, due to the Coast Guard Parade. Enjoy!

C3 and Friends Book Club

We will meet to discuss *Our Missing Hearts* by Celeste Ng at The Bookman at 6 p.m. on August 19. This New York Times best seller is about the power of art and a mother's love to pass on information to her son. Then on September 16, we will be discussing *Shark Heart* by Emily Habeck.

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

Community Care and Concern

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