



March 2023 E-News

Anger: Curse and/or Gift?

"Out of anger comes controversy, out of controversy comes conversation, out of conversation comes action."

-Tupac Shakur



Dear *{{First Name}}*,

I give myself a D+ in feeling and expressing anger. I'm just not very good at it. Now, resentment, there is an emotion I am much better at. Here I give myself at least a B or maybe even a B+. And when I think about it, resentment is just anger for people who have a hard time with anger. Resentment is anger for "nice" people. Ugh.

My difficulty with anger is problematic in several ways—just one of which is that when I ignore my anger, I miss hearing something important. For this reason, I am looking forward to our upcoming LumZoom on anger led by Brian Madvig. I have no doubt he is going to help us see the positive side of anger as well as the negative side. This is not me being prophetic—it is right there in the title “Curse and/or Gift.”

Whether your fuse is short or long, whether you are good at feeling anger, or are with me in the Resentment Club, I hope you will join us March 16th for our LumZoom on anger. It is one more way we are *Listening Courageously* this year.



Breathe and Pause



I never thought I was an angry person until I had kids. Of course, I'd felt a red-hot flush of anger radiate through me at times. I may have even dramatically dropped a plate on the floor one time during an argument with my husband. (Okay—so maybe the signs were there.) But it wasn't a feeling I was confronted with often until I had kids.

When your resources are running low, it's amazing how every challenging feeling can turn to anger. You're overwhelmed by the enormous challenge of caring for a tiny, fragile new baby. Nope! It turns to red-hot anger at your toddler for trashing the living room. You're sad because you're mourning the life you had before you became a parent. Nope! It turns to red-hot anger at your partner for not loading the dishwasher properly. You feel helpless (and maybe a little embarrassed) because you don't know how to help your shy kid jump in and play with the other kids at a friend's birthday party. Nope! It turns to red-hot anger at your kids for not eating a darn thing you cooked that day.

I certainly haven't solved the anger problem, and I don't expect that I will anytime soon. But I have made a little progress by listening to what the anger could be telling me. If I'm frustrated by my kids' behavior, do I need to set clearer expectations? If I'm feeling helpless in my role as a parent, do I need to gather more information and tools? If I'm feeling sad or overwhelmed, do I need to figure out a way to take some time for myself?

To me anger is scary because it can overwhelm your nervous system. Your heart pounds, your face flushes, and all you can think is *I'm so ANGRY!!* When I breathe and pause, and breathe and pause again (and again), I can usually find a kinder, gentler, more rational version of myself.

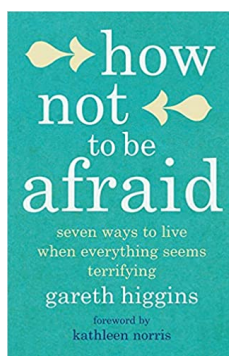
I think we all need to listen courageously to our anger. It's that honest, deep listening that will lead us to spiritual growth and a better way of showing up in the world.

Becca Perry-Hill

Reflection Question

How has anger been a gift or a curse in your life?

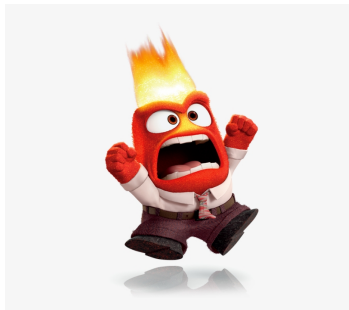
Upcoming Events



Book Discussion Series "how not to be afraid" by Gareth Higgins

Led by Dan Quinlan & Doug Wysockey-Johnson
Tuesday, March 14th
Tuesday, March 28th
Tuesday, April 11th
Tuesday, April 25th

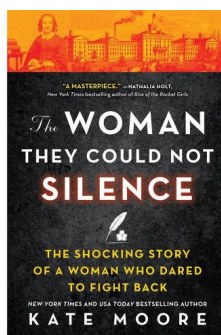
To learn more, click [here](#).



LumZoom
Listening to Emotions Drop-In Series
"Anger: Curse and/or Gift?"

Led by Brian Madvig, MDiv, PhD
March 16th, 8-9pm ET

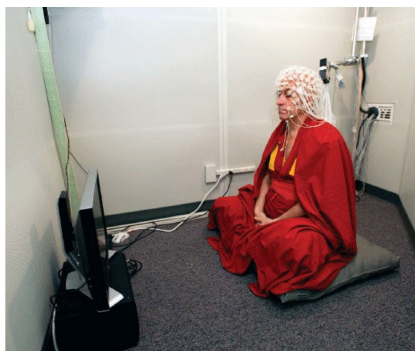
To learn more, click [here](#).



Online Book Club
"Women Becoming"

Discussing *The Woman They Could Not Silence* by Kate Moore
Led by Becca Perry-Hill
April 5th, 12-1pm ET

To learn more, click [here](#).



Mystics for Everyday Living Drop-In Series "Meditation and Contemplation: Science and Methods"

Led by Dan Quinlan & Betsy Perry
April 12th, 7-8:30pm ET

To learn more, click [here](#).



Loaves & Fishes

Remember or honor those you love with a special gift to Lumunos in their name. The following gifts were made in tribute between January 1st and February 28th.

In Memory of Bill & Marianne Johnson - Martha Resotko

Please Donate Now!

Have you considered a monthly donation?

Click the donate button to make a single donation or set-up monthly giving. If planned giving is of interest, please contact dan@lumunos.org about planned giving options.



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