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LUMUNOS

SHINE A LIGHT ON YOUR CALLING

Illuminating Change

2} Executive Director's Corner: *The Power of Call: From Strangers to Neighbors*

3} Spirituality of Hospitality 5} Generations of Spiritual Change 7} Luminary 9} Loaves & Fishes



David Fraccaro

I grew up in small Midwestern towns, the middle son of a minister and a therapist. I learned early the importance of putting my faith into service and action to better my community, regularly volunteering at local homeless shelters and nursing facilities. I felt close to God there. At the same time, I was drawn to the limelight of theater and the dream of making it on Broadway someday.....and so, after college, I boarded a Greyhound and arrived at Penn Station with everything I owned in two suitcases.

Living the life of a struggling actor was a rollercoaster for my young emotional and spiritual life. There were seasons of great success in regional theaters and national touring productions, followed by periods of heartbreaking close misses for roles on Broadway. Then, 9-11 happened. I was at an audition in midtown Manhattan that morning and witnessed the towers fall from the Queensboro Bridge subway platform.

Like many of us, this terrible and tragic event caused me to reevaluate my priorities and sense of call/purpose. I returned to the church and began visiting immigrants and asylum seekers in detention centers by Newark and JFK airports. Inside were hundreds of people from all over the world - Tibetan Buddhists, West African Muslims, Catholic Columbians - who had fled devastating poverty and violence in hopes of finding a safe and welcoming home in the US. The conditions were cold and rough. Despite the glass and language barriers between

The Power of Call: From Strangers to Neighbors

us, we developed deep and meaningful friendships. I witnessed in their courage and resilience the best of the human spirit to survive, to keep moving forward. After visiting for a few months, auditioning for musicals like *Mamma Mia!* and *Jersey Boys* just wasn't all that important anymore.

While giving up acting was an earthquake of a decision for my ego, it was a liberating one for my soul. I rediscovered my calling in an immigrant detention center, through unlikely friendships with newcomers of different cultures and religions. It was their reliance upon their faith through that harrowing time that made me take my own more seriously. I took a left turn into seminary, received an additional degree in human rights and, today, am an ordained Christian minister and nonprofit director because of these friends of other world religions I met in detention.

It has taken many years for me to make sense of my faith journey, my calling in life. Like pieces of a complicated puzzle, it takes a while for the picture to come into focus. Once it became clear, however life took on much greater clarity, purpose, and meaning. In my life, it has been encounters with people who are seemingly different from me - strangers who have become neighbors - that have led me down the more meaningful and purposeful road, one that has led me here to Lumunos.

How about you? What moments, what people and places have led you down the road less traveled?

The following articles, in what is my first Lumunos print newsletter, tell the story of how others have come to make sense of their spiritual journey - their calling. The common theme is change and our willingness to embrace all the challenges and gifts that come with it.

As our spiritual landscape in the US

continues to shift dramatically, we each have many roads to consider, choices to make. It is my hope that no matter where you are on life's journey, Lumunos can be a safe harbor for you - a trusted organization that can provide relevant resources, programs, and relationships that can help you navigate the stormy seas of change and live into the life you are called to.

I am very excited about our future and the meaningful change we can create together in lives, in workplaces, and in communities. I am deeply committed to learning from the wisdom of our remarkable past to help meet the urgent needs of the world today. We have a terrific staff, dedicated board, and generous groups of supporters (including YOU) - the living legacy of Lumunos.

May we travel this new road together with clarity, courage, and grace.

*David Fraccaro
Executive Director*



David Fraccaro is the new Executive Director of Lumunos this year. He lives in suburban Chicago with his family. David can be reached at david@lumunos.org.



Spirituality of Hospitality

By Diane Mercadante

Spirituality has been the compass in the changes and transitions in my life, influencing my decisions to live out my vocation. This year I am finishing nineteen

years as the Director of Pastoral Ministry in a catholic high school outside Chicago to begin a new chapter as a community brewery owner with my husband. Walking the path of faith with students, teachers, parents, and alumni has been the work of my professional life and a wonderful time of accompaniment and community. It has been a great gift to offer opportunities for my students to experience transformation and connection with self, others and the divine.

As I conclude this part of my journey, I am struck by the twists and turns that have preceded it and at how I have grown to tap into intuition and guidance from the Spirit and my experiences of deep love and belonging. Changes and transitions are inevitable in life—they can be challenging, scary, exciting, and hope-filled, all at the same time. As an adopted only child, I was born into uncertainty and have spent a great part of my life asking questions of security and belonging. Frederick Buechner says that, “Where your deep gladness meets with the deep hunger of the world, there you will find a further calling.” I believe from the beginning, my calling has been to help folks belong. And don’t we all just want to belong?

Throughout the years of raising our six children and accompanying other people’s children, Jesus’ message of love and belonging has been the guidepost inspiring my choices and providing resilience in the changes on life’s path. My life has revolved around church and ministry—twelve years of Catholic parochial school, involvement in youth groups and retreats, volunteering alongside my husband in youth ministry, young mom bible studies, parish councils, a pastoral ministry degree, master’s degree in theology, and even a doctorate in ministry. My own sense of belonging came in church—in the places where people learned and worshiped, served and held space for others, welcomed the marginalized and reached out to those in need.

There were also moments more recently in my life when I hoped for change that would offer opportunities for leadership. I looked for places to use my voice and my education, and was frequently met with roadblocks. I sought a place at tables of power and change-making where I thought a difference could be made for those who were on the outside and undervalued. My desire for recognition from the outside and acceptance from people in authority was a subtle driving force. My longing was unmet; my efforts led to frustration and a questioning of my own worth and value. Someone finally pointed out to me that my striving to be at tables where I was not invited and with folks that

I didn’t even really want to be with was causing me to miss the opportunities right in front of me. Thank goodness for spiritual friends and guides!

One of the opportunities I have embraced has been a gradual transitioning of my life from formal ministry to community building. When my husband Frank was forty, I bought him a homebrew kit for his birthday. He had always enjoyed different beers and flavors and I thought this would be a fun hobby for him. Throughout the years, his hobby became a way of relationship- building. Our six young adult children and their friends would often hang out with us, enjoying the latest homebrew and conversations about life. There were even some marriage proposals on brew days and lots of informal gatherings around the home taps.

As our kids grew up and moved away, our quest for great beer and new friends led us to frequent many breweries and taphouses. Starting conversations with the bartenders and patrons, learning about others’ life experiences, and holding space for folks to share became a regular weekly happening. Our lives became richer as we stepped out of our small sphere and into places where people gathered. We found that as we sat and listened, we found people who were longing to connect. Our experiences affirmed what our lives of ministry training, leadership, and research had taught us—young people were not interested in coming back to churches. People we met were longing for spiritual connection, but encountered a church where conditions of acceptance and membership contradicted their deepest awareness of God. The old methods of trying to pull people back to church were in direct opposition to what was happening; people were experiencing a world of invitation and acceptance outside the sanctuary. Entrenched systems of power, marginalization, racism, sexism, and exclusion of the LGBTQ communities were some of the reasons for staying away.

As we encountered people along the way, we were organically growing a spirituality of hospitality.

Gathering with our children, we began dreaming. They had been long encouraging Frank and his brewing. What if we could expand our hospitality and have a place where folks could gather? Discussing the mission, we wanted a place of welcome, safety, and of course, belonging. We settled on the name Sturdy Shelter Brewing from a verse in Sirach, “A faithful friend is a sturdy shelter; whoever finds one, finds a treasure.” We began the long process of opening a brewery with the mission to build a treasured and genial community—one person, one conversation and one highly crafted beer at a time. We are not a Christian brewery or a religious brewery; we are a brewery where great beer is the means of gathering and a place of belonging.

Continued on page 4

Continued from page 3

Along the way, we made a new friend in Oliver, our partner and GM, who was also looking to create a new kind of experience and gathering space for others. With his experience in the hospitality business, Frank's professional development as a brewer, and my love of planning opportunities of belonging, Sturdy Shelter Brewing opened in October 2022. Since then, others have joined us to form a team that values the whole person.

A year and a half since opening, we have hosted birthdays and memorials; gatherings with the LGBTQ community; pizza parties and bingo nights for friends with special needs; comforted guests at the bar in times of loss and have rejoiced at new babies and new relationships. We have also hosted a series of 'Becoming Neighbors' events that seek to bring together diverse parts of our corner of the neighborhood; people of different cultures, faiths, and nationalities, to build bridges of friendship and community. Your new executive director, David Fraccaro (who, by the way, does an incredible Elvis show), has been instrumental in helping us imagine what is possible by dreaming of new ways to include and welcome others into our space.

So here I am...sixty-five years old this summer and beginning something new again. I will be retiring from my position as a ministry director and engaging in a ministry of hospitality in a brewery. Through every step of my life, I have known the accompaniment of the divine through attentiveness, contemplation, intuition, friendships and a desire to live out my vocation in the world. As I look forward to the changes that are coming, I am filled with deep gratitude for the peace that comes from knowing I have always belonged to something bigger than myself and have been loved all along my life path.

If you are ever in town, please stop by Sturdy Shelter Brewing. Please let us know you are a partner with Lumunos and let's swap stories of our life paths and the beauty that comes from listening to the voice of the divine within, following our passions, and living out our vocations!

Diane Mercadante, co-owner of Sturdy Shelter Brewing, Batavia, Illinois, is in her last year as the director of ministry at a local Catholic high school. She holds a Doctorate of Ministry from the Catholic Theological Union in Chicago, is married to Frank for 44 years, mother to six, grandmother to twelve and loves her cat, Kitty.

The Road Not Taken

by Robert Frost

Two roads diverged in a yellow wood,
And sorry I could not travel both
And be one traveler, long I stood
And looked down one as far as I could
To where it bent in the undergrowth;

Then took the other, as just as fair,
And having perhaps the better claim,
Because it was grassy and wanted wear;
Though as for that the passing there
Had worn them really about the same,

And both that morning equally lay
In leaves no step had trodden black.
Oh, I kept the first for another day!
Yet knowing how way leads on to way,
I doubted if I should ever come back.

I shall be telling this with a sigh
Somewhere ages and ages hence:
Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

Lumunos Testimonials

"I feel like this could become a really beautiful place to build a lovely spiritual community. Hearing from others and having a set aside time to think about things I often don't have time to think about was really helpful. I feel excited to see what comes from this time."

— Anonymous

"Change can be quite uncomfortable ---- as well as an exciting challenge. I expect that whatever you do and send out, we --- the recipients ---- will find it useful and spiritually building."

— Carol B.



Generations of Spiritual Change

By Becca Perry-Hill

Back in January, religious historian and award-winning author, Diana Butler Bass, spoke to the Lumunos community about “The Changing Spiritual Landscape.” She described the three paradoxical trends shaping religion and spirituality in the United States: 1) The U.S. is both more religiously diverse and less religious than in the past. 2) White Christianity is declining while Christianity of color is growing. 3) American culture is both more secular and more shaped by religious extremism than in previous generations.

As it turns out, I was (and still am) a part of these three trends. Both of my parents (white and born in the 1940s) left behind their Christian roots—my dad because of trauma and my mom for several reasons, including marrying my dad. I was part of that first sizable generation of kids being raised outside of a traditional religious community. And many of us, in turn, grew up, had kids, and raised (or are raising) them without much institutional religious influence.

As Diana pointed out, at over 26% of the population, the religiously unaffiliated are now the largest single slice of the

American religious landscape pie. And, moreover, the religious “nones” (as in check “None of the Above” for religious affiliation) are the fastest growing demographic.

For many folks, this is an understandably frightening trend. According to the Pew Research Center, “By a variety of measures, religious ‘nones’ are less civically engaged and socially connected than people who identify with a religion. On average, they are less likely to vote, less likely to have volunteered lately, less satisfied with their local communities and less satisfied with their social lives” (2024).

So, the question is: Can organizations like Lumunos—organizations that have been addressing questions of meaning, purpose, spirituality, and community outside of a traditional religious setting for generations—address the present day needs of religious “nones”? Can we provide a sense of community for folks without a religious home? Can we help folks who are “spiritual but not religious” discern a sense of purpose and meaning? And,

Continued on page 6

Continued from page 5

if we can do those things, are the “nones” more likely to become civically engaged and socially satisfied?

That’s our hope and our mission! The Bauer Foundation has generously funded the new Lumunos Brighter initiative, which is bringing new programming to the “spiritual but not religious” and expanding our offerings to leaders and healthcare clinicians. Whether you are a member of a vibrant church community or spend your Sunday mornings convening with nature, practicing spirituality brings a sense of meaningful connection and purpose.

As the spiritual development of my children became more apparent, I started to wonder what to do. Should I basically ignore their spiritual questions and let them figure it out in their own time? Should I check out all the educational kids book on religion from the library and make it my goal to promote religious literacy? Should we start attending church as a family?

I knew that whatever I was going to do, it would have to be aligned authentically with my own spiritual path. Although I hold dear many of the values Christianity teaches, like peace, hope, generosity, community, stewardship, and integrity, it seemed like a bit of stretch to start a church habit in mid-life. On the other hand, letting my kids figure it all out on their own seemed like a copout. I could certainly start checking out some religious literacy books for kids from the library, but that didn’t seem like enough...

And then it occurred to me that through my work at Lumunos, I could create events where parents like me have a chance to connect with one another by telling their own stories of spirituality and parenting. What values from our own upbringings are important to carry over to our kids? What is the spiritual journey of being a parent like? How can we practice spirituality

with our kids? How can we build communities of support around our families? How can we be of service to our greater communities?

So far, I’ve facilitated three workshops with “spiritual but not religious” parents (including a few grandparents as well). If you’re not a churchgoer, you may not even think to talk about spirituality or religion with your friends. This workshop provides a safe container for the conversation and a good reason to have it. In the words of one participant:

“For the first time, in a long time, I felt heard, understood, and not so alone. It was so affirming to be surrounded by other parents grappling with similar questions and reservations regarding traditional religion while also deeply yearning and searching for spiritual connection and community for themselves and their families. I’ve been searching for something like this for a long time; so very grateful to participate.”

If you’re interested in taking time to consider some of these questions, or if you know of someone who might be, I’ll be leading a **“Why Do We Live? And Other Minor Questions My Kids Ask” LumZoom on Wednesday, May 15th at 7:30 pm Eastern Time.** You can register online by going to www.lumunos.org/upcoming.

Reference: SSmith, Gregory A., et al. (January 24, 2024). “Religious ‘Nones’ in America: Who They Are and What They Believe.” Pew Research Center. <https://www.pewresearch.org/religion/2024/01/24/religious-nones-in-america-who-they-are-and-what-they-believe/>

Becca Perry-Hill is the Lumunos Brighter Project Leader. Her academic background is in Environmental Social Science, but her passion lies in connecting people through opportunities to share their stories. She is mom to two spiritually curious kids – Maya (age 7) and Max (age 4).

Clearness Committee

Help for making tough decisions. Support in challenging times. The Clearness Committee is an idea rooted in Quaker spirituality that involves gathering friends around a focus person in a reflective and thoughtful process to help the person gain greater clarity on an issue or to make a decision they are facing. Commonly, people bring together a clearness committee to help them make decisions about careers and education, retirement, “callings,” relationships and family, and decisions around organizational change at work.

Everyone has the inner resources to find their way through difficult personal and professional challenges, but a community of trusted friends can help us peel back the layers of habitual thinking, confusion, or fear that cover our true knowing.

Lumunos is here to guide you through the process. We will help you articulate your challenge, form your committee, and provide an experienced facilitator during the meeting of the committee. In the end, you will come away with a greater sense of connection, greater clarity, and potential next steps. More information at www.lumunos.org/clearness

Lumunary



By Heather Bauer

Through the years, Lumunos has remained vibrant in an ever-changing world because of the community of people who have been part of our work. We have been blessed by these “Lumunaries”. Lumunaries are people who embody the values of Lumunos – people who are using their gifts and living their call (or figuring out how to do so); people who value authentic relationships and continue to grow spiritually. Lumunaries are also people who have supported Lumunos and advanced our mission in one way or the other. In this issue, we’re featuring longtime Lumunos supporter, former Lumunos staff member, and facilitator Betsy Perry.

Betsy Perry first learned of Lumunos in 2000. She was invited by a friend to attend a Lumunos (then Faith at Work) conference. She was exhausted, working 50 hours a week as a new CEO, facing huge blocks with obstacles and barriers in that role, and unsure of what she may be about to experience. She heard Marjory Bankson and Doug Wysockey-Johnson for the first time. Keep in mind that the Episcopalian roots were not an attraction, as Betsy was not of the same tradition. Reflectively, Betsy recalls hearing about a poisoned river from Marjory Bankson - “You come to a point in the river where you just gotta go through it”. Betsy gritted her teeth, went back, spent 3 or 4 more years in the position and all the while Faith at Work helped sustain her through that leadership. Betsy states that it was then that she knew that Lumunos could “not only deepen her sense of spirit, but broaden it.”

The Lumunos influence has different threads. Betsy is a former employee, but continues to support Lumunos’s mission - that she calls a “pot of gold that is sacred to carry” - as a facilitator and

through her offerings, such as the Mystics series and a dynamic dream group in its third year. When we discussed the rewarding and enlightening nature of her work with others, the value of small groups, and the ways in which trust and connection show up in these spaces, she adds, “We are all struggling. There is no perfect path.”

Betsy describes her connection to the core of Lumunos - calling - in plural form. Her “calls” as she says, are “like a beautiful crazy quilt, as her life has been.” Betsy compares the pulls into nursing, teaching, community health nursing, management, semi-retirement and push toward Lumunos as the quilt passed from her great grandmother. Made of all kinds of material - from silk, to cotton, to flowersack, and velvet - all put together in patchwork, made by the ladies of the church in 1898 (pictured here in all its glory).

Lumunos: What are your passions (work or otherwise)?

Betsy: Rather than “passions,” I prefer the phrase “what gives me the most energy--physically and spiritually” now in retirement. My deepest desire is to be a companion with those who are seeking ways to live a life filled with more love and compassion--regardless of age and life circumstances. Now in my late 70s, I’m finding great truth in what Sam Shoemaker, founder of Lumunos, says about happiness: “Happiness is the sense that



Continued on page 8

Continued from page 7

one matters. Happiness is an abiding enthusiasm. Happiness is single-mindedness. Happiness is wholeheartedness.”

Lumunos: What have you learned about change through your work?

Betsy: Living life with a growing sense of my wholeness and being a presence for good is what change is all about. When called to love and compassion, the heart, mind, and body must evolve—in relationship to self and others, our families, our communities, and our world.

Lumunos: Can you share any stories where illuminating change has been important?

Betsy: In my first Director of Nursing position back in 1976, I quickly found out that staff wanted me to be just like my predecessor. The problem was not the changes that I called for, but that they didn't understand the process of change. Several months later after some good in-service education about change, we all became a team.

Lumunos: How has Illuminating Change (in any of its forms) impacted your life? Has someone been an illuminator for you? How has your path been illuminated by change?

Betsy: I have been so blessed with “Illuminators.” David Brooks, the columnist and author, describes Illuminators as those who treat others as precious souls. The many Illuminators in my life, themselves precious souls, have been self-aware people who have treated me with respect, receptivity, generosity, and attentiveness—all of which create a willingness in me to evolve and become a better person. Illuminators have been family members, including my children and grandchildren, teachers who warmly have given me much-needed insights, bosses who've respectfully presented better ways to do things, and spiritual teachers who have worked with me as a precious soul.

Lumunos: Has Lumunos influenced your sense of call/purpose, the way you relate to others, or your spiritual journey? How so?

Betsy: My spiritual journey is unfolding all the time – not in the four walls of a church. Just like blueberries – an image that comes to her from a family story and a dream – Betsy says that her inner power and outer goodness are super food...”the way they grow, die off, and come back”.

Lumunos: How would you describe your call now in retirement?

Betsy: I am called toward authenticity. My soul and understanding of my divine – not a job or something I am doing in retirement. Am I being true to the sense of who I am and the gifts I've been bestowed?

Betsy reflects on her great aunt Bessie, who she expresses deep connection with and gratitude for in relationship to mysticism. She believed in finding our roots. Her Great Grandfather wanted to be a farmer, but rather became a pastor to “farm” or “influence” people. Betsy has been greatly influenced by father and grandfather – “I thought that I could live a life disconnected from social justice and all that, but it's gonna keep coming through.” Betsy reminds us to “Listen to those things that keep coming through you!”

Lumunos: Why do you continue to support Lumunos? What makes Lumunos especially relevant in our world now?

Betsy: In a world that is hyper-critical about most everything, Lumunos, for me, creates and shares, arranges space and time for contemplation, sharing without judgment, and envisioning a better self. I come to a Lumzoom knowing my beliefs will

not be judged, I can share or not, I can laugh, cry, and question or not, but I'll always have a sense that something has touched me deeply and is calling me towards my better self. We all need more of this freedom of exploration in our lives as we seek to live more from the energy of love and compassion towards self and others. Lumunos is a community of honest and caring seekers and servers.



Betsy Perry was born in Attleboro, MA and grew up in West Hartford, CT. She attended college and experienced her early family life in Ann Arbor, MI. She took an early retirement in southern New Hampshire, where she worked part-time with Lumunos, and now resides in Brevard, NC with her husband, Russ, and next door to her daughter, grandchildren and son-in-law. Since retiring from her professional career as a nurse and healthcare administrator, Betsy along with Russ, have “advanced” into grandparenthood with 9 grandchildren from ages 22 to almost 4. Betsy practices as a certified Spiritual Director, occasionally teaches yoga, is researching and writing a book, and lives as mindfully and simply as possible.

Heather Bauer is the Lumunos Outreach & Communication Director. She lives in western North Carolina with her family. Heather can be reached at heather@lumunos.org



LOAVES & FISHES

Remember or honor those you love with a special gift to Lumunos in their name.

Spring 2024

In Memory of Bill & Marianne Johnson

Martha Resotko

In Memory of Bill & Marianne Johnson

John & Stephanie Smith

In Honor of Betsy Perry

Ida Adams

In Memory of Bill & Marianne Johnson

Stephen & Mary Hazard

In Memory of Dawn Coffin

Ken & Sharyn Kok

In Memory of Evelyn Elia

Rev. George Elia

In Memory of Ed Porter

Margaret Porter

In Memory of Don W. Waddell

Constance Waddell

In Memory of Sara Mueller

Dinah & Robert Moses & Graham

In Memory of Kay Campbell

Susan Smith

In Memory of Bill & Marianne Johnson

Susan Smith

In Memory of Kay Campbell

Ed Owings

In Memory of Kay Campbell

Erma Cooke

In Memory of Bill Britton

Linda Britton

In Memory of Soren Wysockey-Johnson

Curt & Donna Nyquist

In Memory of Soren Wysockey-Johnson

Carol Thornell

In Memory of Kay Campbell

John Novikoff

In Honor of Anne M. Turner

Rev. Linnea Turner

In Memory of Sarah Cochrane

Judith & Douglas Bowers

In Honor of Doug Wysockey-Johnson

Paula Hardin

In Memory of Bill & Marianne Johnson

Bea & Don Stoner

In Honor of Laurel & Art Nelson

Rene' & Peter Nelson

In Honor of David Thorpe

Rene' & Peter Nelson

In Memory of Marianne Johnson

Jan Summers

In Memory of Richard Broholm

Peggy Eiss

In Honor of Mary Halkman

Sara Robertson

In Honor of Doug Wysockey-Johnson

Susan Quillin

In Honor of Angier Brock

Mary Ellen Navas

LOAVES & FISHES *continued...*

In Memory of Marlys Larson Haughie

Cynthia Poole

In Honor of Dr. Glenn Haughie

Cynthia Poole

In Honor of Betsy Perry

Diana Hopkins

In Memory of Adaline Bjorkman

The Bjorkman Foundation

In Memory of Bill & Marianne Johnson

Arnold Almer

In Honor of Rev. Elissa Johnk

William Neil

In Honor of Doug Wysockey-Johnson

Rev. Mary Anne Akin

In Memory of Bruce Davey

Betty Lou Stull

In Memory of Bruce Hall

Libby & John Woodward

In Memory of Florence Pert

Michael & Mary Murray

In Memory of Bruce Larson

Michael & Mary Murray

In Honor of Marjory Bankson

Michael & Mary Murray

In Honor of Doug Wysockey-Johnson

Peter & Marjory Bankson

In Memory of Richard Broholm

Tom & Patrice Ott

In Memory of Tom Blankemeyer

Mary Jo Blankemeyer

In Memory of Mary Cosby

Mary & Bill Mason

In Honor of Doug Wysockey-Johnson

Kirk & Deb Townander

In Memory of Richard Broholm

Dale & Deed Broholm & McCollum

In Honor of Doug Wysockey-Johnson

Amy & Mark Livingston & Larson

In Memory of Tom McCormick

Jean B. McCormick

In Honor of Doug Wysockey-Johnson

Richard & Nancy Lawrence

In Honor of Angier Brock

Betty & Boyd Wade & Perry

In Honor of Doug Wysockey-Johnson

Eileen & Mark Jinks

In Honor of Pastor Judy Howard Peterson

Owen & Judith Peterson

**In Honor of First Baptist Church
of Alliance Ohio**

Beverly Morris

In Memory of Kay Campbell

Bill & Carter Johnson & Echols



Loaves and Fishes At Lumunos, a Loaves and Fishes gift is made in honor or memory of someone important to you. Please join many others who have made a Loaves and Fishes gift by checking the appropriate box on our giving envelope, or selecting it online under "My Donations is for" and entering the name of the honored individual in the "comments" box. We will contact you if we have any questions! www.lumunos.org/make-a-donation

Events

Coming up this spring/summer we will have regular LumZooms on a multitude of changes we frequently experience in our lives, an in-person retreat in Chicagoland (they're back!), and other opportunities to reflect and connect with people across the country.

Program registration fees are not tax-deductible, but you will be given an opportunity to offer a donation. Visit us at www.lumunos.org/upcoming for more information and to register!



UPCOMING PROGRAMMING

Lumunos facilitates weekly programming throughout the year based on an annual theme. This year's theme "Illuminating Change" reminds us to be in conversation with change. Our programming is designed to include facilitation by in-house staff and guest subject matter experts with thoughtful content, small group discussion, and time for reflection. More at: www.lumunos.org/upcoming



IN CONVERSATION WITH CHANGE: KEYNOTE WITH BRAD STULBERG

▶ **Tuesday, June 4th, 7-8pm ET**

We are living through a time of accelerating and intensifying change. Old models conceive of change as order, disorder, order. But there is no going back to the way things were—we are constantly going through cycles of order, disorder, reorder. This facilitated event will equip you with the skills to navigate, grow from, and shape change—personally, professionally, and in your spiritual communities.



WOMEN BECOMING

▶ **First Wednesday of the month at 12 PM EDT**

Online Zoom Book Club
Stories of Women Becoming Their Authentic Selves
Led by Becca Perry-Hill
More at: www.lumunos.org/wbbookclub

Lumunos Testimonials

"Non-dual thinking recognizes that the world is complex, that much is nuanced, and that truth is often found in paradox: not this or that, but this and that."

— Brad Stulberg, *Master of Change: How to Excel When Everything Is Changing – Including You*

"In the sweet territory of silence we touch the mystery. It's the place of reflection and contemplation, and it's the place where we can connect with the deep knowing, to the deep wisdom way."

— Angeles Arrien, *The Four-Fold Way*

In Chicagoland? Save the date for ***The What's Next Retreat: Finding Clarity and Hope through Life's Changes*** on **Saturday, May 18th** at the **Winnetka Congregational Church** from **8:30 - 1 pm**. Visit lumunos.org to register!



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"Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect."

— Suquamish Chief Seattle, from his December 1854 speech



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