



LUMUNOS

SHINE A LIGHT ON YOUR CALLING

February 2024

E-News



*"Spirituality is about personal experience-
the deep realization that dirt is good, water is holy, the sky holds wonder;
that we are part of a great web of life, our home is in God, and our moral
life is entwined with that of our neighbor."*

-Diana Butler Bass

Our Changing Spirituality



Dear *{{First Name}}*,

When I look at some of the lyrics of camp songs I sang fervently as a 10 year old, I cringe. Nothing like a robust chorus of “Tell me now would you be alright if you had to die tonight, there’s a fire on the mountain tonight” right before going to bed.

The confirmation reflection paper I wrote as a 12 year old looks like it was written by, well, a 12 year old. A few years later I went to Divinity School not because I wanted to become a pastor, but because I realized that I was more curious about God than the other disciplines I was considering. In those years beliefs about heaven and hell, human sexuality, and who is ‘in’ and who is ‘out’ all underwent significant shifts.

More recently, grief and loss have impacted my spiritual beliefs. In the midst of all those changes, some things have also remained the same. Then and now, I believe in a God whose essence is love—both for me and for others. So the inner landscape of my spirituality has changed a lot in some ways, and not so much in other ways.

This year at Lumunos our theme is “Illuminating Change.” We will explore with you all kinds of changes, including transitions in work, relationships and the world around us. But because we are at heart a spiritual organization, we thought it appropriate to start the year with an expert on the shifts and changes going on in our world spiritually.

I hope you will join us this Monday as Diane Butler Bass shares with us about the Changing Spiritual Landscape. As always this will not just be a keynote address, but an opportunity for you to do some personal reflection, and also engage with each other about your own spiritual landscape.

One of our core beliefs at Lumunos is that going through changes of any kind is best not done alone. So whatever sort of change you are experiencing this year, keep watch on the [Lumunos calendar](#). When something catches your eye or your heart, I hope you will join us.



Why Do We Live?

As I was tucking my kids into bed one night not so long ago, I kissed my daughter's forehead and she asked, "Mommy, why do we live?"

Whoa! How was I supposed to answer such a question minutes before my 3 year old and 7 year old were due to be asleep? I said something like, "Well, that's a big question. Uh, we evolved from other human-like species that lived many thousands of years ago. And, uh, some people think that each person has a purpose—that we live for a reason. Uh..."

My daughter looked a little perplexed, but went along with it and fell quickly into her normal deep and peaceful sleep. I, on the other hand, stayed awake for a while thinking about how to answer the "big" questions from my kids like: Why do we live? What happens when we die? Is God real?

And then, I started thinking more generally about spirituality, parenting, and raising (hopefully) good humans. The parenting journey is, in and of itself, a

spiritual journey. How many times have I questioned who I am when facing the hardest moments of being a parent? As I've witnessed the pull of technology, I've wondered how I might bring more spiritual practices and a sense of wonder into my kid's lives. When my kids have been rude in public, acted in a way that I perceive to be entitled, hit each other, etc, I have worried (deep down) if I really know how to raise good humans.

As I brought this up to my parent friends, many said it was such a relief to talk to someone else about these big, important issues. I heard comments like: "When other parents ask me how it's going, I usually just pretend I know what I'm doing and that it's going great." Meanwhile, we really feel alone in our heads, wondering if we're doing it "right."

I felt called to bring parents together to talk about these issues. And it just so happens that I'm lucky enough to be part of Lumunos, which has provided me the opportunity to follow this call. The purpose of the workshops we've put together on spirituality and parenting is to bring people together in communities of trust and to give parents (and grandparents!) the structure they need to reflect on these issues. Can we align our parenting with our deepest guiding values (and forgive ourselves when we mess up)?

-Becca Perry-Hill

Reflection Question

How have your spiritual beliefs changed over the course of your life?

Upcoming Events



**Keynote: An Evening with Diana Butler Bass:
"The Changing Spiritual Landscape"**

February 12th, 7-8:30pm ET,
To learn more and to register, click [here](#).

This is a virtual gathering for anyone seeking to deepen their awareness of The Changing Spiritual Landscape. We are pleased to welcome Diana Butler Bass as a leading researcher on the growing contemporary demographic.



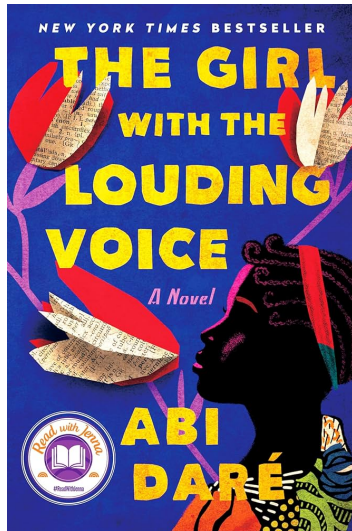
Living With the End in Mind

February 28th, 7-8:00pm ET,
Facilitated by Rev. Sarah Hurley

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

Join us as we engage in a thoughtful conversation about end of life issues. Exploring anxiety, fear and grief, we will bring ease to these thoughts and invite the presence of joy and peace to our lives now. In the compassionate space we co-create, we will

listen deeply and hold each other's stories with reverence.



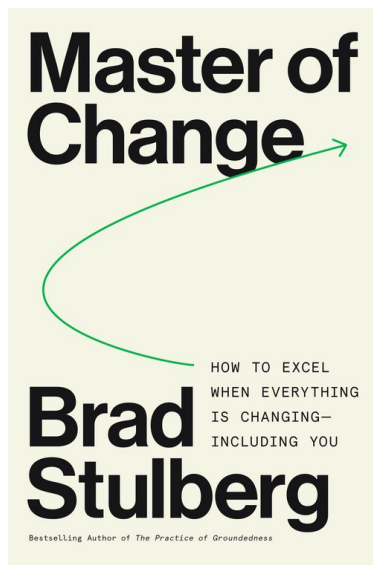
Women Becoming Book Club (Monthly)

March 6th, 12-1pm
Facilitated by Becca Perry-Hill

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

In Lumunos style, we'll use the small group format to get to know one another better.

Meetings will be monthly on the first Wednesday of the month at 12 PM ET and discussion questions will help guide us in our exploration of the books. The reading for March is *The Girl With The Louding Voice*, by Abi Daré.



An Advance Save the Date! ***Registration now open*** **Master of Change with Brad Stulberg**

Tuesday June 4th, 7-8pm ET via ZOOM
To learn more and to register, click [here](#).

We will discuss how navigating change requires rugged flexibility, how the concepts of homeostasis and allostasis play a part in how we illuminate changes in our lives, and reflect on the many changes we experience in our adult lives. More information to follow, as Brad is shaping content with Lumunos in mind.

A note about Women Becoming:

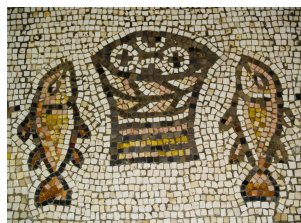
"For me, becoming isn't about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self. The journey doesn't end."

— Michelle Obama, *Becoming*

This book club is for people interested in exploring the journey women take in "becoming." It's a journey that never ends throughout our lifetime as purpose, or call, may change as we go down different paths and take on different roles—whether it be artist, professional, entrepreneur, writer, traveler, athlete, partner, mother, grandmother, or first lady!

[The 2024 book list has been updated and can be found **here**!](#)

We hope you will join us. No-cost options are available. Registrants are encouraged to select the price they can most afford.



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 January 31st.

In Memory of Kay Campbell - Bill Johnson & Carter Echols

In Honor of The First Baptist Church of Alliance Ohio - Beverly Morris

In Honor of Doug Wysockey-Johnson & Betsy Perry - Anita Cummings

In Honor of Doug Wysockey-Johnson - Martha Resotko

Loaves and Fishes

Have you considered a donation to Lumunos?

It's rare that we have the opportunity to reflect on our lives with honest vulnerability. This is what's unique about Lumunos. Your generosity allows Lumunos to provide more people with this kind of opportunity.

Click below to make a difference through us in our service to you and others. On our website, you may make a single donation or set-up monthly giving.

In addition to providing a one-time or recurring individual donation, Lumunos can receive gifts through brokerage accounts, donor-advised funds, wills/trusts, and more! Your financial advisor can tell you about the benefits of a charitable giving strategy. For

additional information on how to make these types of gifts to Lumunos, please contact Business Operations Director [Dan Quinlan](#).

We are a 501(c)3 non-profit organization and your donation is tax-deductible to the extent allowed by law.

Make Your Gift Here



Our Contact Information

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