



September 2023  
E-News

*"The secret opening through which we pass into wholeness is hidden in the center of those wounds we are most afraid to approach."*

-James Finley

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## The Healing Path

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Dear \*{{First Name}}\*,

As an incoming member of Richard Rohr's "[Living School](#)" in 2019, my introduction to writer/speaker [Jim Finley](#) was a talk he gave to our class of 125 during our first day together. When I walked into that room, there were two things that I knew with

great clarity. The first was that I was lost (spiritually, as opposed to being in the wrong room), and the second was that there were wise people who had figured out how to not be lost. As we walked out later, it was clear that, by some miracle, I had found a place filled with very wise and kind guides.

I can say without hesitation or hyperbole that what Jim said during that 90-minute session changed my life. One of his closing statements was: “Welcome. You’re home.” With those three simple words, he summed up three ideas: (1) you’re not alone in your struggle, (2) there’s a way out, (3) we’re here to help, and (4) ‘buckle up’ because this path ain’t easy. One of my new classmates called it a “divine appointment.” His notion being that divine appointments are those moments in life when we’re standing exactly where we’re meant to be. Those moments when all the distractions of modern life fall away, and we’re graced with an experience of just how miraculous and precious being alive is.

On October 11th, Jim will be [joining Lumunos for a conversation about that idea](#) – and much more. The focal point of the conversation will be Jim’s new book: “*The Healing Path: A Spiritual Journey*.” We’ll also touch on Jim’s other writing and teaching – including his thoughts about his mentor Thomas Merton and the power of contemplation as essential to finding joy in turbulent times.

John O’Donohue said that “great thinkers put their eyes to the earth at a strange angle.” Jim’s teaching is filled with creative and wonderful angles. You can expect to hear things you’ve never heard before. To be challenged with new ways to think about your spiritual journey. He may also make you cry or laugh or both at the same time. We hope you will join us to experience whatever happens during this divine appointment. ;-)

***Dan Quinlan***

*More event details can be found [here](#).*

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## Finding Grace



I saw evil that day; when the darkest smoke rose up against the bluest sky. I was on the Memorial Bridge only minutes past the Pentagon making my way to work in Washington, D.C.

It was a little before 9:00 a.m. when a tremulous voice on the radio announced a plane had flown into the north tower of the World Trade Center. I was stunned! How could any pilot accidentally hit such an imposing monolith? Within minutes a 2nd plane hit the south tower. This was no accident; America was under attack.

Soon after arriving at my office, news broke that a 3rd plane just crashed into the Pentagon. Given our close proximity to the White House and the Capitol building we were instructed to leave immediately.

Driving back home I looked over at the Pentagon I passed just moments before, only now it was on fire. Choking clouds of dense black smoke poured out from the Pentagon's west side. Ambulance sirens were blaring and fire trucks flying from all directions. People were rushed to emergency rooms or taking their last breath.

Like the collapsed steel beams that held up the Twin Towers, the security of our Nation was shattered. We were under grave threat. I walked into Blessed Sacrament Catholic Church near my home in Arlington, Virginia feeling numb. With benevolent faces of angels painted on the chapel walls and statues of the Blessed Mother and Saint Joseph peacefully standing on either side of the alter, I wasn't alone. Within the dimly lit alcove of this small sanctuary I prayed for the innocent souls murdered so brutally, and I prayed for our country. As I knelt in silence a healing presence brushed through me; a serenity born from the collective trauma of a country shaken to its core.

***Alice Barbera***

***A Note from Alice:***

*In Jim Finley's book "The Healing Path" Jim speaks of trauma as the opening through which God sustained him in the midst of enormous difficulty. Although my experience on September 11th was extremely minimal compared to the great suffering that took place that day, I was nonetheless shaken as never before by a tragedy so profound. My visitations to that small chapel each day filled me with grace as I prayed for peace receiving the light of God's healing presence.*

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## Reflection Question

*Have difficult times in your life brought you to a place of healing and transformation?*

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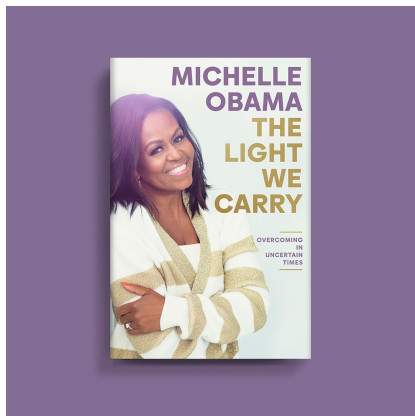
## Upcoming Events



### Online Keynote Speaker "The Healing Path: A Memoir and Invitation"

An Evening with Jim Finley  
October 11th, 6:30-8pm ET

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



### Women Becoming Book Club "Women Becoming"

Discussing *The Light We Carry* by Michelle Obama

Facilitated by Becca Perry-Hill  
October 4th, 12-1pm ET

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



## Emotion of the Month: LumZoom "Awe"

Discussing AWE  
Facilitated by Rev. Leanne Walt  
October 5th, 7:30-8:30pm ET

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



## Everyday Mystics "St. Paul"

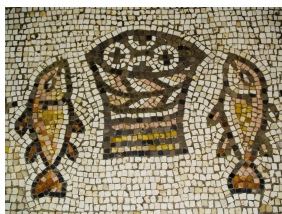
Monthly drop-in series exploring the wisdom of the mystics and how that wisdom might help us in our spiritual journeys.

Facilitated by Betsy Perry  
October 18th, 7-8:30pm

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

*Sneak Peak:*  
*Saturday, November 11th*  
**"Implicit Bias"**

Learn more and register in advance [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 August 1st and August 31st.*

**In Memory of Sara Mueller - *Dinah Moses & Robert Graham***

Loaves and Fishes

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***Have you considered a donation to Lumunos?***

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If planned giving is of interest, please contact [dan@lumunos.org](mailto:dan@lumunos.org) about these opportunities.

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