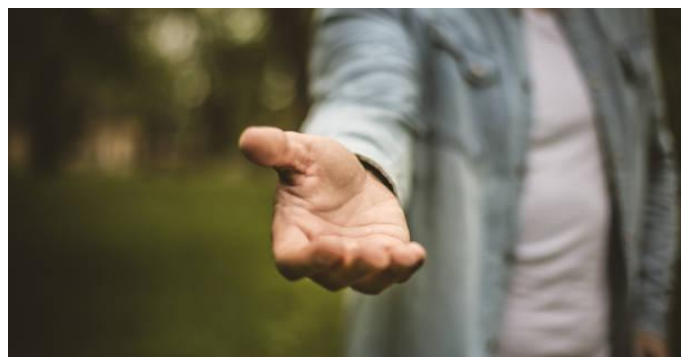




June 2023 E-News

The Compassion We Give

*"Walk with me for a while, my friend-
you in my shoes, I in yours—and then let us talk."
-Richelle E. Goodrich*



Dear *{{First Name}}*,

The other night a friend and I had dinner. Both of us have been through some hard things the past few years, and at various times in the conversation one or both of us were in tears. While our waitress probably thought we were the most miserable people in the restaurant, I left that dinner feeling good. There was a lot of compassion flowing both ways between my friend and me.

This is one of the paradoxes of compassion. On the one hand and by definition, it deals with hard things. (It is right there in the word: com-*passion*, meaning "to suffer with.") We don't feel or use the word compassion when someone has just scored a goal, succeeded in a work project, or had a healthy baby. We use the word compassion for the difficult, painful and challenging things of life.

At the same time, compassion feels good. It is a positive emotion. When the compassion is flowing as it was for me that night, I can feel both the painful stuff and the goodness of compassion. What a rich and complicated emotion compassion is!

For that reason, I hope you can join us at **7:30pm ET on Monday, June 26th for "Listening to Compassion" led by Erma Cooke.**

[Click here](#) for more information and to register for this NO COST event. *If you wish to make a voluntary event donation to support our drop-in series, click [here!](#)*



Living Compassionately



On Monday June 26th, long-time friend of Lumunos, Erma Cooke, will be leading our next “Listening to Emotions” online gathering. The emotion we will be discussing during this event is “compassion.”

Meister Eckhart, the 13th century German writer and scholar said that *"compassion is something that touches all creation intimately and deeply, a union between God and creatures, a radical caring."* In his writing about Eckhart, the wonderful and wise writer Jim Finley brings that idea forward in time by pointing at people of our time who don't just talk about compassion, they live it. One shining example: *"Mother Theresa of Calcutta had no life of her own. She gave herself to compassion. Compassion laid claim on her life. She became compassion."*

Whether famous or not, when you're around such people, you can't help but feel that you're in the presence of someone who has discovered something beautiful and transformative. Is there a better barometer of wisdom? I can't think of one. By all accounts, Lumunos' founder, Rev. Sam Shoemaker was one of those people.

I'm from a big family. Sometimes my mom would become so mad about some dumb thing I did that she would get my name wrong as she demanded I appear before her. Or she'd call out: "Brandy, you get down here at once!" Brandy (our dog) would dive under the nearest piece of furniture as I sheepishly arrived.

Despite the occasional lapse about which kid (or pet) I was, my mom was also one of those people, too.

Dan Quinlan

Reflection Question

What aspects of your life help you to live with compassion for yourself and others?

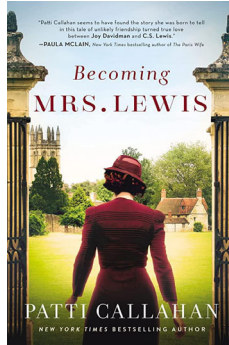
Upcoming Events



Monthly Emotions Drop-In Series "Listening to Compassion"

Led by Erma Cooke
June 26th, 7:30-8:30pm ET

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



Online Book Club "Women Becoming"

Discussing *Becoming Mrs. Lewis* by Patti Callahan
Facilitated by Becca Perry-Hill
July 5th, 12-1pm ET

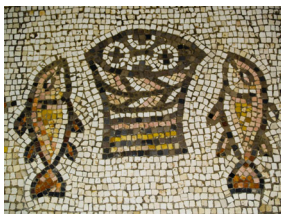
To learn more, click [here](#).



Online Keynote Speaker "Bittersweet: How Sorrow and Longing Make Us Whole"

A Lumunos Style Conversation with Bestselling Author Susan Cain
Facilitated by Doug Wysocky-Johnson
August 15th, 7-8pm 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 May 1st and May 30th.

In Memory of Don W. Waddell - Constance Waddell

Have you considered a monthly donation?

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. If planned giving is of interest, please contact dan@lumunos.org about these opportunities.

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