



November 2022 E-News

Voting: A Spiritual Act

"There is no such thing as a vote that doesn't matter. It all matters."
—Barack Obama



Dear *{{First Name}}*,

Frederick Douglas once said, “I prayed for twenty years but received no answer until I prayed with my legs.” I have heard many variations on this theme, and all of them pointing the same direction: *prayer needs to be combined with action.*

I have been thinking about this as we head toward our midterm elections next week. I read the paper daily, often worrying about the state of democracy in our country. Sometimes I even pray about it. But I know from experience that worry by itself does more harm than good. And prayer without legs doesn't do much either.

We view things through a spiritual lens here at Lumunos. With that in mind, I hope you will view voting as a spiritual practice this season. As a Christian, I try to think about the values and priorities of Jesus as I cast my vote. Regardless of whether or not you identify as a religious person, I hope you vote your deepest values and hopes for our country.

As I sealed my mail-in ballot yesterday, I said a brief prayer for the election and the future of our democracy. Then I walked to the post office and dropped the ballot in the mailbox. Got to put legs on that prayer you know.

Sincerely,



Another Way to Love your Neighbor



This year Lumunos has been exploring the theme “Loving Our Neighbors.” One thing I’ve found through this exploration is that it can be tough to figure out how to love our neighbors. Time is short, money is limited, and life is complicated. But in November, it’s easy and (generally) quick to love our neighbor—all we have to do is vote.

Last Tuesday my daughter was off from school, so I took her with me to the local election center and voted early. I can still remember going to the voting center with my mom when I was about her age. It was in Michigan and it was November, so the weather was gloomy and cold. Like my daughter, I was kind of bored and probably shied away from all the old folks making jokes about me being a first-time voter or doing my civic duty.

Despite my early impression of voting as gloomy and boring, I am so grateful my mom dragged me with her. She was teaching me to love my neighbor by voting—by participating in a democracy that we clearly cannot take for granted. With her friendly demeanor and polite chitchat, she was also teaching me to love my neighbor no matter who they voted for. Finally, she was teaching me to choose the candidates who value love of neighbor over greed or power.

Last Tuesday was a glorious fall day in Brevard, NC where I live, and a local bakery was giving away cookies to anyone sporting an “I voted” sticker. Perhaps this will leave my daughter with a slightly sunnier association with voting. Either way, I know she’ll always remember at least one simple way to love her neighbor.

Becca Perry-Hill

Reflection Question

How will you express your values and hopes for our country?

Upcoming Events

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LumZoom Mystics for Everyday Living Drop-In Series "The Irish Mystics"

Led by Dan Quinlan & Betsy Perry
November 9th, 7-8:30pm ET

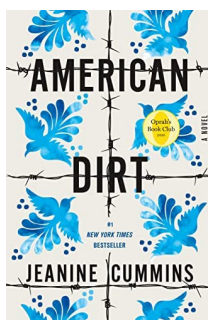
To learn more, click [here](#).



**LumZoom
PT for the Soul
"Exploring Love Languages"**

Led by Doug Wysockey-Johnson
November 29th, 7:30-8:30pm ET

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



**Online Book Club
"Women Becoming"**

Discussing *American Dirt* by Jeanine Cummins
Led by Becca Perry-Hill
December 7th, 12-1pm ET

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

In case you missed it...
Brian McLaren's Keynote Event



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