



April 2023 E-News

Spiritual Listening

"Blessed are the ears that hear God's whisper and listen not to the murmurs of the world."
-Thomas à Kempis



Dear *{{First Name}}*,

Spiritual listening is different from other kinds of listening. Primarily because it involves listening for something or someone bigger than us. That someone or something (which I call God) is both everywhere and nowhere. Unlike scheduling an appointment with a friend, I can't just summon God. I can show up, but will God be there? And what will I hear?

About this kind of listening, Wendy Wright says:

Spiritual listening is not listening to words, to arguments, to pros and cons, to positions and opinions. It involves listening to the delicate intersection of the human heart, with its desires and dreams, and the vast and silent mystery that is God. (Weavings, Vol IX, Number 3)

Did you notice her words? *Delicate intersection. Dreams. Silent mystery.* This is why spiritual listening is so tricky. But also very very important in the loud, noisy world we live in. So I hope you

can join me for a LumZoom mini-retreat on Spiritual Listening. (For more information [click here](#)). Together we will share practices and tools that help us listen for that still small voice of God.



We're Listening...

What do you fear? When do you feel most alive or joyful? What have you learned about loss and grief? What or who consistently makes you laugh? These emotions we feel often tell us something important about ourselves and what we need to do. They are worth listening to.

Out of this conviction, Lumunos is offering a drop-in “Emotion of the Month” LumZoom series. Each month we gather to provide space, structure, and a caring community so that people can listen to what the emotion of the month might be telling them. So far, we've explored fear, anger, and grief, and so we thought it might be time for one of the more lighthearted emotions—*joy* (for more information [click here](#)).

We're listening, and what we've heard is that this series is important to you. We offer the gift of this online programming only because you offer your gifts to us. Your generosity enables us to provide the space, structure, and community for people to listen courageously. Your donations allow us to keep our programs low cost ([click here](#) to donate online).

Another equally important way that you can help Lumunos is by emailing us (becca@lumunos.org) your feedback and testimonials. Why do you participate in Lumunos programming? What impact has it had on your life? What could we do better? Your feedback helps us tailor our programming, and your testimonials help us to advance our mission by expanding our community.

Thank you so much. We couldn't do it without you.

—*The Lumunos Staff*

Reflection Question

What do you hear when God whispers?

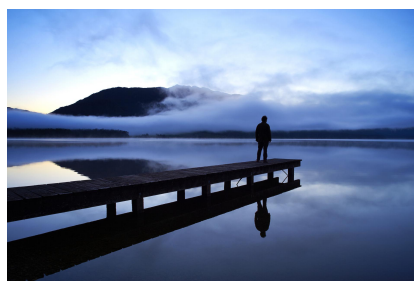
Upcoming Events



Online Book Club "Women Becoming"

Discussing *The Alice Network* by Kate Quinn
Led by Becca Perry-Hill
May 3rd, 12-1pm ET

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



Spiritual Listening Mini-Retreat "Finding Ways to Listen for God in a Noisy World"

Led by Doug Wysockey-Johnson

May 6th, 11am - 2pm ET

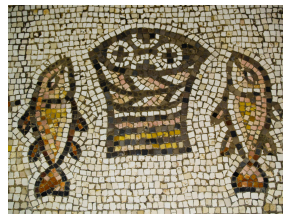
To learn more, click [here](#).



LumZoom
Listening to Emotions: Joy
"Getting Curious Together About Joy"

Led by Sarah H Maker
May 11th, 7:30-8:30pm 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 March 1st and March 31st.

In Memory of Bill & Marianne Johnson - John & Stephanie Smith

In Memory of Soren & in Honor of the Wysocky-Johnson Family -
Bob & Connie Soudan

In Honor of Betsy Perry - Ida Adams

Please Donate Now!

Have you considered a monthly donation?

Click the donate button to make a single donation or set-up monthly giving. If planned giving is of interest, please contact dan@lumunos.org about planned giving options.



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