



# LUMUNOS

## SHINE A LIGHT ON YOUR CALLING

### Advent II: Good News

**Mark 1:1. The beginning of the good news of Jesus Christ.**

**Emily Dickinson: “A word is dead when it is said some say. But I say it just begins to live that day.”**

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

Words have power. Words bearing good news can dispel tension, help deepen our breathing, and offer hope. Words conveying bad news can constrict our breathing, weigh us down, sap our energy. Moreover, as Emily Dickinson suggests, words—and their effects—can last long after the moment in which they are spoken. That’s true of words bringing good news as well as bad.

While we cannot stick our heads in the sand and pretend there is no bad news to contend with, perhaps during this Advent season we can modulate how much time and energy we give to the unnecessary consumption—and repeating—of bad news.

And so I’m not going to remind you of the many woeful stories in today’s headlines but rather tell you some good news I’ve read, experienced, or learned recently:

- **Globally:** Microforests (small, dense forests with biodiversity) are proving to be powerful in combating climate change. (Google it to read how amazing they are!)
- **Locally:** A group of neighbors from both parties, objecting to a county tourism proposal, have united—and have succeeded in at least getting some members of our Board of Supervisors to take our concerns seriously.
- **Personally:** After a prior attempt to get together was stymied by COVID, a dozen or so college classmates have set a date to gather for three days in

Virginia Beach. It will be so good to be with old friends!

Good news isn't always found in momentous things. Often it comes as a kind word or compliment from a stranger, as an offer of help or encouragement from a friend, or as an insight gleaned from something heard or read.

*What good news has come to you this week?*

*How are you spreading good news to those you encounter, both friends and strangers?*

**—Angier Brock**



***\*\*Note from Staff\*\****

*These Advent Reflections will arrive weekly on Fridays to your inbox for December and can also be cherished in print and digital form in the Lumunos Newsletter. We will not be sending a December ENews.*

*Thank you for being a part of the Lumunos community.*

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