



February 2023 E-News

*"We're not here to **conquer** our fears, but we can **transform** them through a story in which fear finds its proper place."*
—Gareth Higgins



"Gareth's work will touch you and help you overcome fear, live with courage and creativity, and find meaning on this frightened planet."
—Brian McLaren

Dear *{{First Name}}*,

You've been seeing lots of emails from us about our first invited speaker of 2023 — Gareth Higgins. That's because, unlike last year's invited speakers, not many people in our community know Gareth. So, here's an introduction...

Gareth was born in Belfast in 1975 — which means he grew up in and during the "[The Troubles](#)." Some 3,500 people died and more than 30,000 people were injured over the 30-plus years of conflict. No family, street, or community went unscathed. And, along the way, Gareth came to realize he was a gay man — making him unwelcome among many people on either side of the divide that was tearing apart his community.

Despite all the tragedy that northern Ireland endured, it's a place now filled with enormous hope and a deep commitment to on-going reconciliation and peace. This revolution came about because most Protestants and Catholics never lost track

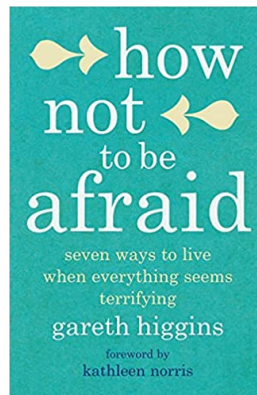
of Jesus and his message. With quiet and relentless courage and creativity, these people — working quietly thru grassroots groups — risked their lives and changed everything.

Gareth sure didn't emerge unscathed, but he did emerge with lots of hard-won wisdom — and a good dose of eloquence, kindness, humor, creativity, and a bunch of other good stuff. These days he writes and talks about the power of storytelling to shape our lives and to create a peaceful and just world. And, how to take life seriously “without believing your own propaganda.” (Along the way, he helped found the *Wild Goose, New Story, and Movies & Meaning* festivals, and created *The Porch Magazine*, among other things.)

Having spent nine days with Gareth and Brian McLaren on a retreat last year that was, well, wonderful, I suspect many of you would be glad you invested 90 minutes of your time in our Tuesday, February 28th event with Gareth. For more information, please [head here - to our Events page](#). (And, while [donations](#) are gratefully accepted, the event is free.)

Dan Quinlan

"how not to be afraid"



"We're not here to *conquer* our fears, but we can *transform* them through a story in which fear finds its proper place. Learning that story is a lifelong journey, whose terrain includes both mountain tops and stumbling blocks. One of those stumbling blocks is the fear that we will never change. If that's a familiar thought, know this: all spiritual wisdom traditions agree that no matter how yesterday went, you can rejoin the path today.

Nothing that has gone before is wasted: your own *mistakes* and those made by others, the wounds that have yet to become scars and the ones that have already turned into superpowers, the agonized prayers and celebratory dances, the night terrors, the daytime anxiety, the desire to help, the hope for a better world, and the commitment to play your part in it. All of these blessings and all of these burdens can be harvested for the good, through the stories we tell. Even the demons can be healed. The makings for a better story are already within us. All we need to do is befriend them."

—**Gareth Higgins**, from *how not to be afraid*

Reflection Question

*When was a time you overcame one of your fears?
What did you learn from that experience?*

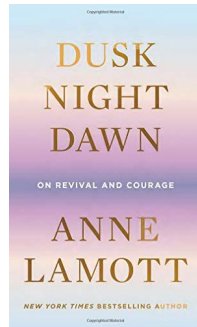
Upcoming Events



Winter Keynote: Gareth Higgins
"Fear and Courageous Listening"

Join us for a conversation with Gareth Higgins to discuss the intersection of fear and courageous listening.

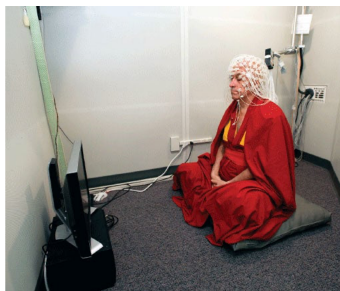
February 28th, 7:30-9pm ET
To learn more, click [here](#).



Online Book Club "Women Becoming"

Discussing *Dusk, Night, Dawn* by Anne Lamott
Led by Becca Perry-Hill
March 1st, 12-1pm ET

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



LumZoom Mystics for Everyday Living Drop-In Series "Meditation and Contemplation"

Led by Dan Quinlan & Betsy Perry
March 1st, 7-8:30pm ET

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

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.



Our Contact Information

{{Organization Name}}

{{Organization Address}}

{{Organization Phone}}

{{Organization Website}}

{{Unsubscribe}}