



November 2023
E-News

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessings."

-William Arthur Ward

Blessings and Opportunities



Dear *{{First Name}}*,

We are in a season of change at Lumunos. While change can be hard, it often brings blessings and opportunities as well. In this Thanksgiving week, I am feeling grateful for those blessings and opportunities in terms of our staffing model at Lumunos. By now you have hopefully heard that I am transitioning from my full-time Executive Director role, into a half time Program Director role. Our new Executive Director (who hasn't found us yet) will bring new gifts and experiences to the table—blessings and opportunities!

Becca Perry-Hill has been with us for over 6 years. In June she transitioned into a new position at Lumunos, now serving as our Project lead on the new Lumunos Brighter Initiative you will be hearing more about in 2024. Again, blessings and opportunities as Becca brings her gifts, experience, knowledge of Lumunos to bear on this new initiative.

In June, we welcomed **Heather Bauer** into Becca's role of Outreach and Engagement Director. Heather is new to Lumunos, but comes with a wealth of experience through her previous communication roles in private and non-profit human service organizations. She is bringing a fresh set of eyes and perspectives to us, which is (all together now) a blessing and an opportunity for an organization that has had the same staff in place for many years.

Becca and Heather are strong, wise and kind women who are making Lumunos better and brighter every day. You might see their work occasionally through a program or a communication piece like the newsletter recently received. But much of their work happens behind the scenes. If you want to thank, greet or welcome them, you can do so at Becca@Lumunos.org or Heather@Lumunos.org.

And all of us at Lumunos wish you a meaningful Thanksgiving this week. Look for the blessings and opportunities!

A handwritten signature in black ink, appearing to be 'D. Perry-Hill', written in a cursive style. Below the signature is a horizontal line.



Becca Perry-Hill
Project Leader



Heather Bauer
Outreach & Engagement Director

Meet Our Staff



Antidote to Disappointment

I had high expectations for the holiday season last year. We were planning a quick trip to my brother's place in Savannah, GA and then to celebrate Christmas at our house with relatives flying in from out of town. The kids (2 and 6 at the time) were the perfect age for the excitement of Santa. And we had a great time preparing and decorating, all while listening to classic Christmas carols and drinking hot chocolate.

But, let me just say that last Christmas sucked! On the first day of Christmas break, Max, my little one, came down with a stomach bug, thereby canceling the trip to Savannah. We were exhausted after the eighth (yes, you read that right) night of waking at 3 am to wash more bed sheets. Meanwhile, my daughter was fighting a bad cold (probably RSV). As soon as Max was better from the stomach bug, he caught the cold (but worse). That involved three days of fever and seven more days of respiratory symptoms. Our relatives still came to visit, but were given the gift of a nasty cold.

Did I mention the rolling power outages on Christmas morning when it was nearing zero degrees (in North Carolina!)? And then, if that wasn't enough, the power outage somehow broke our fuel furnace, which wouldn't come back on when the power returned. It was a cold Christmas and the repair bill was extra expensive because it was a holiday, of course.

Was I disappointed? Oh yeah. Was I traumatized? A little. Did I learn anything from the experience? Of course. It's the same lesson I've been learning from the very first day my daughter entered this world—nothing in parenting goes as you expect.

I'm not a fan of gratitude that feels forced or the guilt that happens when you don't feel grateful when you think you should. However, I have learned that intentionally practicing gratitude increases my chances of actually *feeling* grateful. And feeling grateful is the antidote (at least for me) to disappointment.

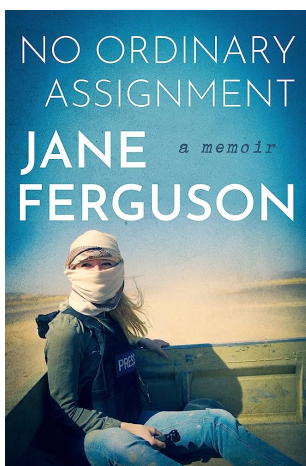
And here's the thing—I'm learning to apply the spiritual lessons of parenthood to all aspects of life. When I came to Lumunos as the Outreach Manager, I didn't know what to expect. Would I even like this unusual little nonprofit I signed onto? And now, over six years later, I decided I liked it so much that I would commit to a new role as Project Manager for our new initiative—Lumunos Brighter. It's an exciting development for Lumunos (and we will continue to update you more on our progress as we move into 2024). Whatever disappointments I might face, I will be approaching this holiday season and my future work with Lumunos with gratitude... and a good dose of hope to boot.

Becca Perry-Hill

Reflection Question

What new blessings and opportunities have you experienced in your life ?

Upcoming Events



Women Becoming Book Club "Women Becoming"

Discussing "No Ordinary Assignment: A Memoir"
by Jane Ferguson

Facilitated by Becca Perry-Hill
December 6th, 12-1pm ET

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

**There will be no Mystics or Emotion of the Month in December.
Stay tuned for exciting new programming in a new year, with a new theme!**

Starting this Friday, we will be sending our AdventReflections and an electronic copy of our print newsletter. Thank you for being a part of our community!



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 October 1st and October 31st.

In Memory of Soren Wysockey-Johnson - Carol Thornell

In Memory of Bill Britton - Linda Britton

In Honor of Angier Brock - Mary Ellen Navas

In Memory of Marlys Larson Haugie - Cynthia Poole

In Honor of Betsy Perry - Diana Hopkins

Loaves and Fishes

A promotional graphic for Giving Tuesday. It features a vertical strip of autumn leaves and acorns on the left side. The background is a warm, light orange color. The text is centered and reads: "Thanks for Giving!" in a large, dark brown, cursive font. Below that, in a smaller, dark brown, sans-serif font, it says "Tuesday, November 28th is #GivingTuesday." Further down, in a bold, dark brown, sans-serif font, it says "Each year, we celebrate the global generosity movement unleashing the power of people and organizations to transform their communities and the world." At the bottom, there are two logos: "GIVING TUESDAY" with a red and white logo, and "LUMUNOS SHINE A LIGHT ON YOUR CALLING" with a yellow sun logo. Below the logos is the URL "www.lumunos.org/make-a-donation" in a blue, sans-serif font.

Thanks for Giving!

Tuesday, November 28th is
#GivingTuesday.

Each year, we celebrate the global generosity movement unleashing the power of people and organizations to transform their communities and the world.

GIVING TUESDAY **LUMUNOS**
SHINE A LIGHT ON YOUR CALLING

www.lumunos.org/make-a-donation

Have you considered a donation to Lumunos?

Please read our End of Year Giving Message [here](#).

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.

Make Your Gift Here



Our Contact Information

{{Organization Name}}
{{Organization Address}}
{{Organization Phone}}
{{Organization Website}}

{{Unsubscribe}}

