



# LUMUNOS

SHINE A LIGHT ON YOUR CALLING

January 2024

E-News



*"And all the lives we ever lived and all the lives to be  
are full of trees and changing leaves."*

-Virginia Woolf

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## Exploring Change



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

Hola! By the time you read this, I'll be wandering around Spain. Our daughter has been in Granada this semester to study, and I want to improve my Spanish. But the main purpose of the trip is to explore this major change in my life as I step down as Executive Director of Lumunos. There is more to learn, both about how this role has changed me over 23 years, and what other changes are emerging in my life. After a month of eating tapas, butchering the Spanish language, and writing in my journal, I will return to step into my new role as the Program Director at Lumunos on Feb. 1.

I'm 63 now, and this transition feels like one of the biggest in my life. But wouldn't I have said the same thing about a number of other significant changes in my life? Getting married after 34 years of singleness was a big adjustment, as was becoming a parent. My first job after college felt like a HUGE change after 12 years of schooling. Recently adjusting to having both of my parents gone has been a more subtle, but still impactful change.

Your path has no doubt been different from mine. Still, if we had time to sit and talk I'll bet you could tell me about a series of major and minor changes that you have been through. Or maybe are still on.

At Lumunos, we believe that these changes are worth exploring. Whatever the external change is, there is usually a concurrent internal shift that happens too. Some changes start on the outside and move in; others begin internally and then change our external behavior. Often we are more vulnerable when we are in a time of change. The protective shell thins, or at

times is shattered completely. These changes are both illuminating and often need further illumination.

And that, dear reader, is our **theme for 2024: *Illuminating Change***. We can't wait to explore this subject with you through a robust menu of events and content. For starters, I hope you will join Becca Perry Hill and Heather Bauer as we [kick off our 2024 theme on January 30th](#).

See you soon!



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## The Changing Spiritual Landscape

As we move our focus towards change and transition in 2024, the Lumunos team will be inviting keynote speakers who will help us to *illuminate* the kinds of changes that all of us have experienced in one way or another.

Diana Butler Bass has spent her career studying and writing about religion and contemporary spirituality. In her 2015 book *Grounded* she writes, “Whenever a gulf opens between the way people experience God and how

institutions respond (or fail to respond) to such concerns, historical conditions ripen for spiritual revolution, reformation, and awakening.” One clear indication of how that idea shows up has been the marked decline in church attendance over the last 50+ years, despite a still clear yearning for meaning and connection.

Diana Butler Bass has also documented her own changing relationship with religion. In the passage below, taken from the same book, she writes:

“Much to my surprise, church has become a spiritual, even a theological struggle for me. I have found it increasingly difficult to sing hymns that celebrate a hierarchical heavenly realm, to recite creeds that feel disconnected from life, to pray liturgies that emphasize salvation through blood, to listen to sermons that preach an exclusive way to God, to participate in sacraments that exclude others, and to find myself confined to a hard pew in a building with no windows to the world outside.

This has not happened because I am angry at the church or God. Rather, it has happened because I was moving around in the world and began to realize how beautifully God was everywhere: in nature and in my neighborhood, in considering the stars and by seeking my roots. It took me five decades to figure it out, but I finally understood. The church is not the only sacred space; the world is profoundly sacred as well.”

Please join us on February 12th at 7 pm ET, for a keynote presentation and Q&A with Diana Butler Bass on [“The Changing Spiritual Landscape.”](#)

***Becca Perry-Hill***

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## Reflection Question

*How has your life transitioned over time? What new changes are yet to come?*

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## Upcoming Events



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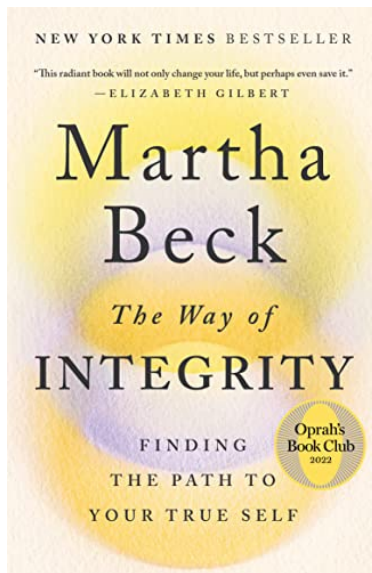
### **2024 KickOff Event: Illuminating Change**

There's still time to register!  
We invite you to join Lumunos for an evening of reflection, discussion, and intentional entry into a new year of Lumunos programming for the 2024 Theme, "Illuminating Change."

Facilitated by Becca Perry-Hill and  
Heather Bauer  
January 30th, 7-8pm ET

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

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## Women Becoming Book Club

In Lumunos style, we'll use the small group format to get to know one another better. Meetings will be monthly on the first Wednesday of the month at 12 PM ET and discussion questions will help guide us in our exploration of the books. The reading for the is "The Way of Integrity: Finding the Path to Your True Self" by Martha Beck.

Facilitated by Becca Perry-Hill  
February 7th, 12-1pm

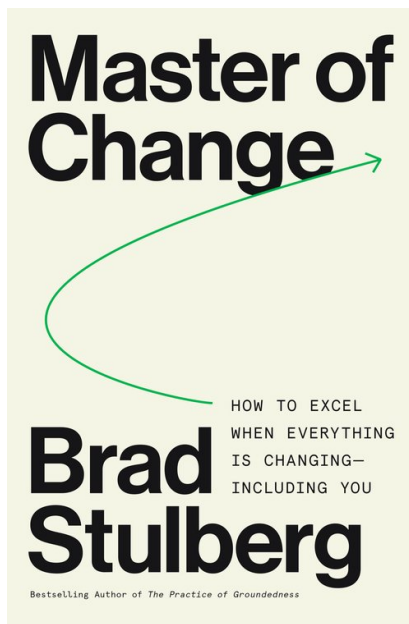
To learn more, click [here](#).



## Keynote: An Evening with Diana Butler Bass: "The Changing Spiritual Landscape"

February 12th, 7-8:30pm ET, To learn more, click [here](#).

This is a virtual gathering for anyone seeking to deepen their awareness of The Changing Spiritual Landscape. We are pleased to welcome Diana Butler Bass as a leading researcher on the growing contemporary demographic.



## *An Advance Save the Date!* Master of Change with Brad Stulberg

We will discuss how navigating change requires rugged flexibility, how the concepts of homeostasis and allostasis play a part in how we illuminate changes in our lives, and reflect on the many changes we experience in our adult lives. More information to follow!

Tuesday June 4th, 7-8pm ET via ZOOM

More information about Brad at [www.bradstulberg.com](http://www.bradstulberg.com)

**Note: The Mystics Series is on hold as we are evaluating our 2024 program model and facilitator availability. Thanks, Dan and Betsy, for terrific mentorship on these amazing mystics.**

**Do you have an idea for a series, or are you interested in serving as a volunteer facilitator? [Connect with Heather](#) to express your interests and ideas!**



## 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 November 1st and December 31st.*

**In Memory of Adaline Bjorkman - The Bjorkman Foundation**

**In Honor of Dr. Glenn Haughie - Cynthia Poole**

**In Memory of Marianne & Bill Johnson - Arnold Almer**

**In Honor of Rev. Elissa Johnk - William Neil**

**In Honor of Doug Wysockey-Johnson - Rev. Mary Anne Akin**

**In Memory of Bruce Davey - Betty Lou Stull**

**In Memory of Bruce Hall - Libby & John Woodward**

**In Memory of Florence Pert & Bruce Larson - Michael & Mary Murray**

**In Honor of Marjory Bankson - Michael & Mary Murray**

**In Honor of Doug Wysockey-Johnson - Peter & Marjory Bankson**

**In Memory of Richard Broholm - Tom & Patrice Ott**

**In Memory of Tom Blankemeyer - Mary Jo Blankemeyer**

**In Memory of Mary Cosby - Mary & Bill Mason**

**In Memory of Don W. Waddell - Constance Waddell**

**In Honor of Doug Wysockey-Johnson - Kirk & Deb Townander**

**In Memory of Richard Broholm - Dale Broholm & Deed McCollum**

**In Memory of Tim Anderson - Peggy Eiss**

**In Honor of Doug Wysockey-Johnson - Amy Livingston, Mark Larson & Mariah**

**In Memory of Tom McCormick - Jean B. McCormick**

**In Honor of Doug Wysockey-Johnson - Richard & Nancy Lawrence**

**In Honor of Angier Brock - Betty Wade & Boyd Perry**

**In Honor of Doug Wysockey-Johnson - Eileen & Mark Jinks**

**In Honor of Pastor Judy Howard Peterson - Judith & Owen Peterson**

Loaves and Fishes

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***Have you considered a donation to Lumunos?***

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](mailto:dan@lumunos.org) about these opportunities.

Make Your Gift Here



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