



LUMUNOS

SHINE A LIGHT ON YOUR CALLING

April 2024 E-News
Emerging Upward



“She who only looks inward will find only chaos, and she who looks outward with the eyes of critical judgment will find only flaws. But she who looks with the eyes of compassion and understanding will see complex souls, suffering and soaring, navigating life as best they can.”

-David Brooks

Embracing Life and Moving Forward



Dear Lumunos Friends,

It's been a whirlwind first month for me, one full of learning and excitement for our future together. It has been deeply inspiring to hear the stories of how many of you first connected with Lumunos (Faith at Work), and why it has been so important to your life over the years. In the conversations I've had thus far, two consistent themes have emerged:

- **People like you have experienced life-changing personal and spiritual growth and renewal through our programs.**
- **The relationships people have built through Lumunos have been some of the deepest and most meaningful ones in their lives.**

Facilitating programs that lead to personal growth and meaningful relationships is what we do best. Nearly every week this Spring we will be offering continued opportunities to connect with remarkable people from across the country to discuss some of life's most persistent and important questions. This year our focus is on change, and how best to navigate and embrace all the challenges and gifts that come with it.

Upcoming online offerings, led by Lumunos staff, as well as some terrific guest facilitators, will provide a welcoming space for you to share openly, learn from different perspectives, and develop new skills to embrace the aging process and transform burnout into a renewed

sense of calling in life. Then, in early June, we will welcome best-selling author Brad Stulberg, who will share insight on how to keep moving forward when everything is changing within and around us.

While our online programming this Spring will be full of great opportunities, I am also pleased to share that we will be offering a half-day, in person retreat on navigating change on Saturday May 18th in Chicagoland! Registration is active and we will be sure to send more information in the coming weeks - we hope you can join us!

Please be sure to look out in the mail for our Spring newsletter as well, full of compelling stories from Lumunos staff and supporters on how they've navigated the changing spiritual landscape in the United States, and Lumunos' role in this evolving landscape.

Finally, you may (or may not) be aware that Lumunos offers leadership training for workplaces looking to change their culture and build greater emotional intelligence, communication skills, and unity amongst their team. We'd love to work with you and your team, so please reach out if you are interested in learning more!

This Spring, as life once again emerges from the ground below, we hope you will join us for meaningful reflection and growth alongside some terrific people you will soon call friends.

Shared with great hope and gratitude.

A handwritten signature in black ink, appearing to read "David Emerson". The signature is fluid and cursive, with the first name "David" being more prominent than the last name "Emerson".

Contact David



Aging with Grace and Grit

"There are only four kinds of people in the world — those that have been caregivers, those that are caregivers, those who will be caregivers, and those who will need caregivers." - First Lady Rosalynn Carter

Aging - a word, a process, an experience - has many different perceptions and stereotypes attached to it. Over the last three decades these views have shifted significantly as the demographic of older adults has grown exponentially. We are living longer and aging in place is far more common than ever before.

Thankfully there is a wiser continuum of care that integrates community and clinical health for a more holistic approach to living well as we age. Meanwhile, advocacy groups and aging movements are helping to eliminate stereotypes. Gone are the days when all people aged 65+ are generally associated with “rest homes”, Bingo, and frailty. Today older adults living within the sandwich generation are more likely to be involved with pickleball, volunteering or remaining in the workforce, and receiving end-of-life care right at home! What does this all mean and why is it important?

We have several upcoming LumZooms that address end-of-life, aging and burnout. Whether you are a caregiver, someone receiving care, or simply a person that could benefit from “living with the end in mind”, we hope you

will join us! More information about these programs and other events online at www.lumunos.org/upcoming.

–Heather Bauer, Outreach and Engagement Director

Reflection Question

In a sea of change, what inspires you to move forward?

Upcoming Events



THIS WEEK!

**Living With the End in Mind: A 3-Part Series
Starts April 16th, 7:30-8:30pm ET via ZOOM
To learn more and to register, click [here](#).**

We will meet for three sessions, on Tuesdays April 16th, 30th, and May 14th!

Session 1: Your Ceremonies End of Life Rituals, Funeral / Memorial Service

Session 2: Your Legacy Obituary / Death Notice - Final Disposition, Messages / Gifts for loved ones

Session 3: Your Health Care Living Will / Advance Directive, Health Care Agent / Proxy

Burnout: Hopeful Changes for Worn-Out People
April 17th, 7:30-8:30pm ET via ZOOM
Facilitated by Doug Wysocky-Johnson
To learn more and to register, click [here](#).

Sometimes burnout comes with a sense of detachment, or not caring as much as you used to about a role or profession that used to be quite meaningful or rewarding. Burnout is well-documented in frontline professions like healthcare, teaching and social services. However, anyone can feel burned out with the work they are doing or role that they play, regardless of the field or type of work - paid, unpaid, or volunteer!

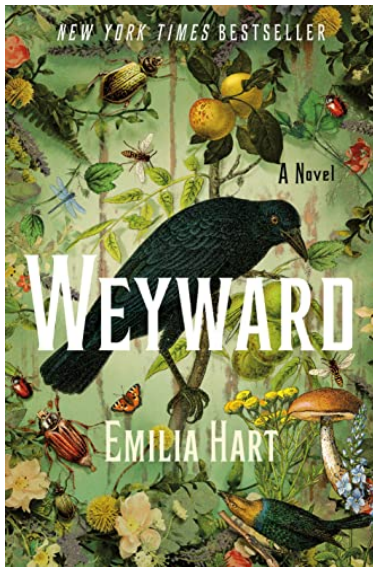


Shedding New Light on Aging

April 23rd, 7-8:30pm ET via ZOOM
Facilitated by Betsy Perry

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

Let's do a re-take and a re-make of our views about aging. In this Illuminating Change Workshop, you'll be asked to reflect on your past and current views of aging. Open doors to more soulful, wisdom-filled views of aging. You will learn about the art of blessing, the art of seeing others deeply and being deeply seen, and the "dance" of gerotranscendence as spiritual practices to enlighten and fill your days with joy.



Women Becoming Book Club (Monthly)

May 1st, 12-1pm ET via ZOOM
Facilitated by Becca Perry-Hill

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

In this meeting of Women Becoming, we will be discussing the book "Weyward" by Emilia Hart.

Each month we'll use the selected book as a resource to better understand our own stories. The facilitator-provided discussion questions will help guide our exploration of the book in small breakout groups.



Why Do We Live? And Other Minor Questions Kids Ask

May 15th, 7:30-8:30pm ET via ZOOM
Facilitated by Becca Perry-Hill

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

We know that practicing spirituality brings a sense of meaningful connection and purpose, but we might wonder how to bring spirituality into our parenting (or grandparenting) and nurture spirituality in our children. In this gathering, we will provide a space to share our stories. Topics will include our spiritual origins, answering our children's big spiritual questions, and incorporating spiritual practices into family life.




The "What's Next?" Retreat: Finding Clarity & Hope Through Life's Changes

Saturday, May 18th, 8:30am-1pm CDT IN PERSON

To learn more and to register, click [here](#).
Winnetka Congregational Church, Winnetka, IL 60093

All of us are either heading toward a change; still processing a recent transition, or smack dab in the middle of a shift of some kind. In the disorientation of change, it can be hard to know whether we need to turn toward something new, return to something familiar or both.



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**“WHAT’S NEXT?”
FINDING CLARITY & HOPE THROUGH
LIFE’S CHANGES**

**Retreat facilitated by Doug Wysockey-Johnson
and meet new Lumunos Executive Director David Fraccaro!
Sat, May 18, 2024
8:30 AM – 1:00 PM**

**Winnetka Congregational Church
725 Pine St
Winnetka, IL 60093
Retreat Cost: \$50**

Scan code or visit us online for more information and to register:
<https://www.lumunos.org/upcoming>

Questions? Please contact us at doug@lumunos.org!



**In Conversation With Change
Keynote: Author Brad Stulberg**

**Tuesday, June 4th, 7-8PM ET via ZOOM
To learn more and to register, click [here](#).**

We are living through a time of accelerating and intensifying change. Old models conceive of change as order, disorder, order. But there is no going back to the way things were—we are constantly going through cycles of order, disorder, *reorder*.

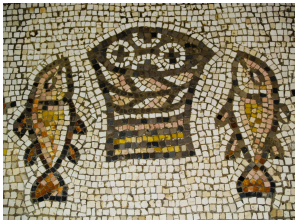
Yes, we crave stability, but that stability is somewhere new, and we can be active participants in shaping it.

Brad Stulberg is here to help us shift our mindset around change. His new book *Master of Change* offers a path for embracing and even growing from life's constant instability. Brad researches, writes, and coaches on health, well-being, and sustainable excellence.

This facilitated event will equip you with the skills to navigate, grow from, and shape change—personally, professionally, and in your spiritual communities.



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 Dianne McCallister - Donald & Dolores Thorpe

In Memory of Dianne McCallister - Peter and Rene' Nelson

Loaves and Fishes

Have you considered a donation to Lumunos?

It's rare that we have the opportunity to reflect on our lives with honest vulnerability. This is what's unique about Lumunos. Your generosity allows Lumunos to provide more people with this kind of opportunity.

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.

Note: Event registrations are not considered donations, as they allow us to cover speaker fees and other program costs. However, you will be given the opportunity to provide a gift when you register for the events.

We are a 501(c)3 non-profit organization and your donation is tax-deductible to the extent allowed by law.

Make Your Gift Here



Our Contact Information

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