



May 2023 E-News

## Many Faces of Joy

*"Dance like nobody's watching; love like you've never been hurt.  
Sing like nobody's listening; live like it's heaven on earth."  
-William Watson Purkey*



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

This year, Lumunos is exploring the idea of deep listening through our monthly “Listening to Emotions” virtual events. In our first few sessions, we considered *fear*, *anger*, and *grief*. Whew! That’s pretty heavy stuff, so in May we decided on *joy*.

Here’s the thing though—joy can be pretty heavy too. My kids (ages 3 and 6) are comfortable expressing their joy. They laugh with their whole bodies, smile with their whole faces, exclaim their true gratitude and excitement without any self-consciousness. But it’s rare for my body’s external expression of emotion to match my internal experience of joy. And that’s what makes it heavy for me. When do we become so self-conscious about joy, and why do we stop showing it and sharing it?

In our session this month, facilitator Sarah H. Maker asked two questions to help us connect with our joy. The first was, “What does joy look, smell, feel, sound and taste like for me?” The second was, “How do I carry my connection to joy forward in a sustaining way? What brings staying power?”

I don't know if I'll ever be able to experience integrated whole-body joy quite like my children. But by asking these questions, I can become more conscious of my experience of joy, and maybe even let my body share it, at least, with my people.

Thanks to all who have made these "Listening to Emotions" virtual events a success. The questions our facilitators bring to these sessions feel important. And it is our great joy (!) to be able to bring this programming to you.

*Sincerely,*

*Becca Perry-Hill*

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## Perhaps it's Just...



I still recall the feeling. My hands on either side of the stem pulling upward in one fluid motion. One inch, then two and now almost seven inches tall! My foot eased off the pedal; the spinning stopped. Sitting in the middle of my potter's wheel was a long stem porcelain vase glistening white just as I imagined it.

My old ideas of clay just being for kids, something you scraped off the walls or dug out from under the carpet vanished the first time I held that soft supple substance in my hands.

Becoming a potter wasn't easy. Years of disappointing results made me wonder why I tried so hard. I could've just walked away; tried something new. There was always someone so much better than me. But instead of feeling diminished, I became inspired. I refused to listen to that pesky voice sitting on my shoulder throwing doubt into the water. I loved it! The silky feel of the porcelain, wet clay spilling over my hands, the hypnotic spin of the wheel.

Twenty years later I'm still in love. Perhaps clay connects me to the earth from where it was born. Perhaps it reminds me that possibilities are endless as long as we have imagination. Or perhaps it's just pure joy!

*Alice Barbera*

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# Reflection Question

*What inspires you to dance, love and sing?*

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## Upcoming Event



### Online Book Club "Women Becoming"

Discussing *Bittersweet* by Susan Cain  
Led by Becca Perry-Hill  
June 7th, 12-1pm ET

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

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## 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 April 1st and April 30th.*

In Memory of Bill & Marianne Johnson - Stephen & Mary Hazard

In Memory of Dawn Coffin - Ken & Sharyn Kok

In Memory of Evelyn Elia - Rev. George Elia

In Memory of Ed Porter - Margaret Porter

In Memory of Don W. Waddell - Constance Waddell

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](mailto:dan@lumunos.org) about planned giving options.



#### **Our Contact Information**

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