

The logo for LUMUNOS features a stylized yellow swirl icon to the left of the word "LUMUNOS" in a bold, blue, serif font.

# LUMUNOS

## Becoming Neighbors

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Dear Lumunos Friends,

Last Sunday evening Lumunos once again partnered with Sturdy Shelter Brewing in Batavia, IL to host a *Becoming Neighbors* gathering. In light of the concerning division in our nation, two dozen strangers came together across lines of culture and politics to share stories and build friendships.



Our featured speakers included a southern podcast host, a queer pastor, and an Iraq war veteran who all shared on deeply personal levels what different flags (American, Pride, and Batavia flags) mean to them. They took equal time to share what they learned and appreciated about one another's perspective.

All participants then discussed in small groups ideas for how we can rebuild understanding, trust, and cooperation in our nation, starting in our own backyards. Despite our differences, we recognized there are very meaningful ways we can work together for positive change....and by the end of the night raised over \$1,200 for a local asylum seeking family from the Congo in urgent need of a new car!

This is what is possible when people of difference discover their shared humanity through stories. This is something Lumunos has done well for many decades, and is excited to expand upon in the months and years to come. This fall we will be hosting Becoming Neighbors retreats and training so you can join us on this journey, and help create some meaningful change in your town.

In the meantime, we hope you will participate in one of our upcoming exciting LumZooms this summer (more on upcoming programs in this newsletter and [online](#)), or even join our in-person retreat on [Second Callings](#) in the beautiful mountains of North Carolina...and don't forget, we also now provide [leadership trainings for workplace well-being](#) in case your office could use a little more soul. Thank you all so much for making this innovative and impactful work possible.

We recognize that each of you has a special reason for giving. One of our beloved donors, **Tom Pappas** had the story below to share about why he's given to our Capital Campaign. We'd love to hear your story too, and hope you will consider giving today!

Peace,



Executive Director  
[david@lumunos.org](mailto:david@lumunos.org)  
630-277-6030



I became involved with Lumunos during a time when I was a beginner at many things. I was a rookie husband, a new teacher, a first-time dad, a novice coach and hoping to navigate life's opportunities and challenges successfully . To put it simply, I got to be in relationship with people who loved me, affirmed me, challenged me, and modeled spiritual maturity for me. Those experiences can be had many places in a person's lifetime but for me it came together through Lumunos.

I have learned enough in my days on this planet that gratitude is an appropriate response to the adventures of life. It is because of my gratitude that I choose to support Lumunos financially. The people in Lumunos have made my life better, I give so that others might have that happen to them.

- Tom Pappas

*What inspires you to give to Lumunos? We would love to hear your story!*

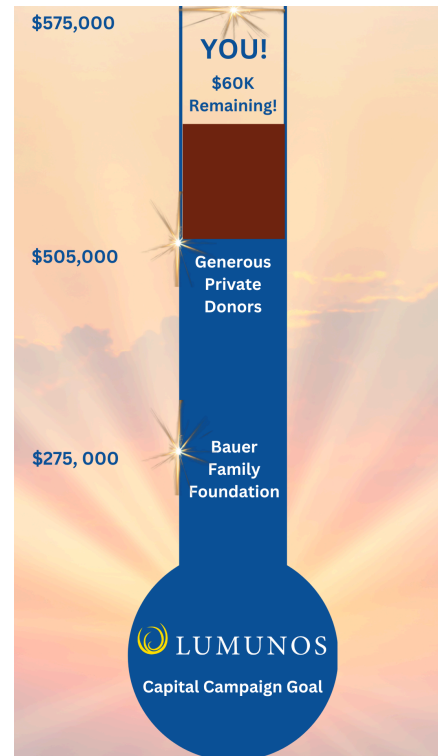
Share Your Why!

And...a huge THANK YOU to all of you who have already donated to our Capital Campaign this summer!

We are very happy to share that we've raised \$10,000 up to this point.

You may also make a Loaves and Fishes gift toward the Capital Campaign, in honor or memory of someone. See more below!

**Donate Now!**



## 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 June 1st and July 7th*

**In Memory of Victor Marfoe - Christina Marfoe**

**In Honor of Johanna Berman - Frank Berman**

**In Honor of Jeffrey C. Britton - Linda Britton**

**In Memory of Rev. Chris Matthews - Michael Murray**

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

**In Honor of Betsy Perry - Linda Eaton**

**In Honor of Doug Wysockey-Johnson - Mary N. Kanahan**

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

Loaves and Fishes

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## New Program Opportunities



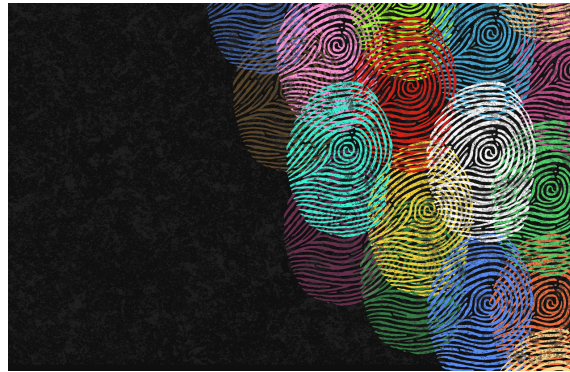
***The "Both" "And" of Life***  
**August 5th via Zoom, 7-8pm**  
**Facilitated by Felice St. John**

In this session we will explore the “both” “and” of life—the spaces and moments and seasons where two seemingly opposed emotions exist at the same time. It is where they come together in the gray, as Richard Rohr calls it, “The liminal spaces”. It can be joy and pain as you move into a new phase of life; it is the delight and exhaustion of parenting; the vibrancy and death of fall leaves in nature, etc.

We will begin with centering together and then spend some time in discussion and journaling on the topic. Consider your “both” “and” experiences of life and what you have learned in the process. This will be a great opportunity to share collective wisdom together.

**Facilitated by Felice St. John.** (That’s pronounced like Felicity without the “ity”). Felice received her coaching certification from the Institute for Professional Excellence in Coaching (iPEC) and has been serving individuals as a leadership and life coach since 2009. She is certified as an Energy Leadership Master Practitioner (ELI-MP). She brings calm and insight as a coach and is passionate about meeting new people and holding time and space for them to discover and to live their purpose, professionally and personally. Read more about Felice [here](#).

[Register Here](#)



***Under Construction: Change and Your Identity  
Tuesday, August 20th via Zoom, 7-8:30PM ET  
Facilitated by Heather Bauer***

In his newest book, "Master of Change," Brad Stulberg gives a phenomenal metaphor about identity and its role in cultivating a fluid sense of self to prepare for and face changes — or “disorder events” as he calls them — and shares that the average adult faces an average of 36 of these events in their lives.

Brad says, "to think of identity like a house. And if you have a house that only has one room in it and that room floods or catches fire, you're in for it, there's nowhere to go, it's a really terrifying experience. Whereas if you have a house

that has multiple rooms and one room floods or catches fire, you can go seek stability in those other rooms while you deal with the flood and fire.”

Join Facilitator Heather Bauer and a panel of individuals who have found a new (or renewed) sense of calling and purpose outside of their original "floorplan"!

**Heather Bauer** is Lumunos' Communication and Outreach Director. Heather has been facilitating small groups for over a decade. She is an entrepreneur, former non-profit Executive Director and spent 20 years in the field of aging. Her experience includes human resources, consulting, caregiver support, workforce development and healthy aging programs. More about Heather [here](#).

[Register Here](#)

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## Call for Volunteers

Lumunos is seeking people who can envision themselves sharing our programming in their own communities and networks. These **Program Ambassadors** would share our ENews, program flyers, and other Lumunos information with friends, family, colleagues, and in public spaces aligned with our broader audience.

We imagine that this could include sharing by way of emails, social media shares, in-person conversations, and even speaking engagements in public forums - *tailored to the uniqueness of you and shaped by Lumunos' Mission, Vision and Values.*

In exchange for these efforts, volunteers will be recognized by Lumunos and **receive no-cost registrations for programs of their choice.** We would provide all the resources you would need, including printed flyers and other Lumunos materials as needed.

Interested?

Contact Heather by clicking below to get the conversation started!

Yes, I'm Interested!

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"It is not our differences that divide us. It is our inability to recognize, accept, and celebrate those differences."

-Audre Lorde

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**Our Contact Information**

\*{{Organization Name}}\*

\*{{Organization Address}}\*

\*{{Organization Phone}}\*

\*{{Organization Website}}\*

\*{{Unsubscribe}}\*

