

TALKING POINTS



Weathering Change

Seeking Peace Amid Life's Tough Transitions

February 17, 2026 | \$19.99, 224 pages, paperback | 978-1-5140-1282-6

Courtney Ellis is a pastor at Presbyterian Church of the Master in Mission Viejo, California. She is the author of six books, including *Looking Up: A Birder's Guide to Hope Through Grief*. Courtney hosts *The Thing with Feathers*, a podcast about birds and hope.

Where Is God Amid Change?

Why is change so hard? And where is God amid these changes?

No matter what kind of transition you are facing, change is difficult. How can you find peace and hope even when everything around you is shifting sand? How can your faith help you weather change?

Weathering Change answers these questions, and more:

- What does nature have to teach us about change?
- Why do I grieve over good change?
- What do we do with change that's out of our control?
- What does it mean to be "still" in unstill times?
- How do I navigate change that I know is coming?
- Why do we resist change?
- Why is curiosity important during transition?
- How can we surrender our expectations to God?
- What does it look like to grow roots during change?
- Why do people fear aging?
- How can being aware of our inner landscape help us navigate change?
- How do we know when it's time for a change?
- Why did God create change?
- What can we cling to in uncertainty and instability?



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Pastor and Birder Teaches Transition Through Nature

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Courtney’s books include:

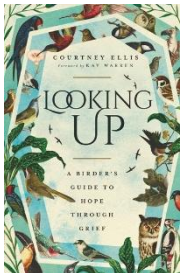
- *Weathering Change*
- *Looking Up*
- *Present*
- *Happy Now*
- *Almost Holy Mama*
- *Uncluttered*

She has been featured in *Christianity Today*, *BioLogos*, *Fathom*, *The Huffington Post*, and others.

Courtney holds a master’s degree in English literature from Loyola University and a master’s of divinity from Princeton Theological Seminary. She lives in Orange County, California, with her husband and three children.

Learn more about Courtney at <https://courtneybellis.com/>.

Also by Courtney:



Looking Up: A Birder’s Guide to Hope Through Grief
\$19.99 | 240 pages, paperback | 978-1-5140-0716-7

Looking Up is a meditation on birding as a practice of hope. Weaving together stories from her own life, including the death of her grandfather, with reflections on birds of many kinds, Ellis invites us to open our eyes to the goodness of God both in the natural world and in our own lives. By “looking up” to the birds, Ellis found the beauty and wonder of these creatures calling her out of her darkness into the light and hope of God’s promises.



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