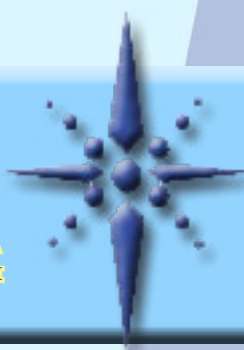


MORNING

CENTER FOR SPIRITUAL LIVING



STAR

JANUARY ♦ Creating Opportunities for Spiritual Growth & Development ♦ 2011

SPEAKERS

JANUARY 2

SPECIAL HOLIDAY SERVICES

MEDITATION: B. J. KNIGHT

JANUARY 9

GRANT LACQUEMENT

“Turning Karma into Dharma”

Grant Lacquement is one of Morning Star’s pillars (and a tall one at that!). He says, “In the past I ran away from the difficult parts of my life thinking that if I could just get away from them everything would be fine. Life had another way though, and as I was forced to deal with some difficulties everything got much better than I could have ever imagined. Over the past several months I have looked at difficulties in a different way. Now I am looking at them as signposts pointing me along my path. I will talk about how difficulties like relationships, over-eating, money, and health are spiritual issues. Rather than trying to escape, I am focusing on these issues as the tools of my inner growth. As a result I am developing a set of personal practices concerning these difficulties: Turning Karma into Dharma.

MEDITATION: FAITH PROUT

JANUARY 16

ANNIE GUZMAN RN

“The TARA Approach”

Annie Guzman is a registered nurse whose experience includes medical-surgical, psychiatric and mental health nursing, addictions, posttraumatic stress, high risk youth, and serving the geriatric population. She currently has a private practice in complementary energy medicine. Her love for the depth and holism of subtle energy medicine is demonstrated by her inclusion of numerous modalities. She is a Certified TARA Approach Self-Care Teacher, Certified Foundations and Advanced Practitioner and will be speaking on this approach, founded by Stephanie Mines, PhD. The TARA Approach has a strong foundation in Jin Shin Jyutsu, a practical healing art, brought to the United States by Mary Burmester. Ms. Guzman states, “Essentially we are energetic beings, disconnected from our body awareness by our over dependence on rational thought and language. Learning the 26 points is a bridge to knowing ourselves. Becoming familiar with who we really are can help us resolve old wounds and claim the wings of our true self, and support our health and well being.”

MEDITATION: JUDITH EVANS

★ SPEAKERS (CONTINUED)

JANUARY 23

REV. SHELLY HELLER

“A New Day, a New Way”

Shelly Heller describes herself as a gypsy, a Lawyer, and a Religious Science Minister. She has moved all her life, growing up with Army parents--three generations of West Pointers (she's proud of that!)--but was connected to Oklahoma by her uncle who taught at the University of Oklahoma and her aunt who was a librarian at OU. She has lived in Oklahoma five years and has just resigned as Senior Minister of United Life Spiritual Center in Oklahoma City. She says she is waiting for those heavenly neon signs that point in a clear direction! Her presentation at Morning Star will be about the changes happening in the world inside!

MEDITATION: ALAN ATKINSON

JANUARY 30

PAT WEBB

“Life's Last Adventure: The Miracle of a Mindful Death.”

Pat Webb is an Oklahoma poet and artist-in-residence who co-founded and directs The Silence Foundation, a non-profit organization devoted to helping people practice the contemplative arts, including meditation, journaling and reflective art making. Pat will share the story of her husband David's mindful death experience in 2008. David lived just 40 days after his diagnosis of liver cancer and his death process was full of light and learning, which Pat is now in the process of sharing with the world in the form of a book. The spiritual lessons of mindfully leaving earth involve silence, ritual work, community, deep sharing, letting go, and trust. Pat has spoken at Morning Star in years past and we are happy to have her with us again.

MEDITATION: ALI RICHARDSON



ABRAHAM SERIES BEGINS IN FEBRUARY!

FEBRUARY 6

CONNIE FAWCETT

“Abraham-Hicks: An Introduction to the Triune Laws”

In 1972 Connie Fawcett began to study the art/science of meditation and the laws of creation when she met a man named Audle Allison. She remained a student of his until his death in 1988. From him she not only learned but experienced firsthand the three laws being taught by Abraham-Hicks today. Connie will kick off our 4 Sunday Series by providing a brief overview of the three laws that make up the teachings of Abraham-Hicks: The Law of Attraction, The Law of Deliberate Creation, and The Law of Allowing.

MEDITATION: JACQUIE TAYLOR

SPIRITUAL CINEMA NIGHT

NO SPIRITUAL CINEMA NIGHT IN JANUARY BUT RESUMES IN FEBRUARY

FRIDAY, FEBRUARY 4TH

***Life is Beautiful/La vita è bella* (Roberto Benigni, 1997)**

In this poignant tragicomedy, a clever Jewish Italian waiter named Guido (Roberto Benigni, who also directs and won an Oscar for his role) is sent to a Nazi concentration camp during World War II, along with his wife (Nicoletta Braschi) and their young son (Giorgio Cantarini). Refusing to give up hope, Guido tries to protect his son's innocence by pretending that their imprisonment is an elaborate game, with the grand prize being a tank.

All screenings will begin at 7:30 PM at Therapy in Motion and will be followed by a discussion facilitated by Katrina Boyd, a film studies professor at OU. Please feel free to bring snacks to share. The space is big but there are some seating limitations, so feel free to bring a comfortable lawn chair if you would like.

Directions to Therapy in Motion (2475 Boardwalk): Boardwalk is between Main and Robinson. From West 24th turn west onto Boardwalk. The building is on your right. For a map, go to:

www.therapyinmotion.net

and click on "location". Come and Enjoy!

Katrina Boyd
University of Oklahoma
Film and Video Studies

MORNING STAR CHILDREN'S PROGRAM

The Morning Star Children's program begins at 10 AM each Sunday and takes place in the basement of the Senior Center. Doors open at 9:45. It is a place for children to spend time together playing games, doing arts and crafts, and being exposed to stories and books with themes such as virtuous actions, forgiveness, compassion, mindfulness, etc. If you would like more information regarding the children's program please see Abby Lassiter, Susan Atkinson or Dylan Oaks.

WAYS TO GIVE BACK

CHANGE JAR

The Morning Star Change Jar effort for the Pennies for Peace Project was so successful we have decided to continue the practice. We will share this abundance with worthy organizations in need.



Service Facilitator:

Sara McFall

Set-up Team #3:

Ian and Shiela Bittle

Gary Criner

Financial:

1/1/10– 11/30/10

Income: \$ 1,190.00

Expenses: \$ 1,961.02

Net Total: \$ -771.02



MORNING STAR'S SPIRITUAL WOMAN'S GROUP

JANUARY 19TH
WEDNESDAY 7-9 P.M.

8301 E. ROCK CREEK RD

QUESTIONS CALL OR E-MAIL CHARLOTTE HAYES

321-4247 - charlotte.hayes@sbcglobal.net

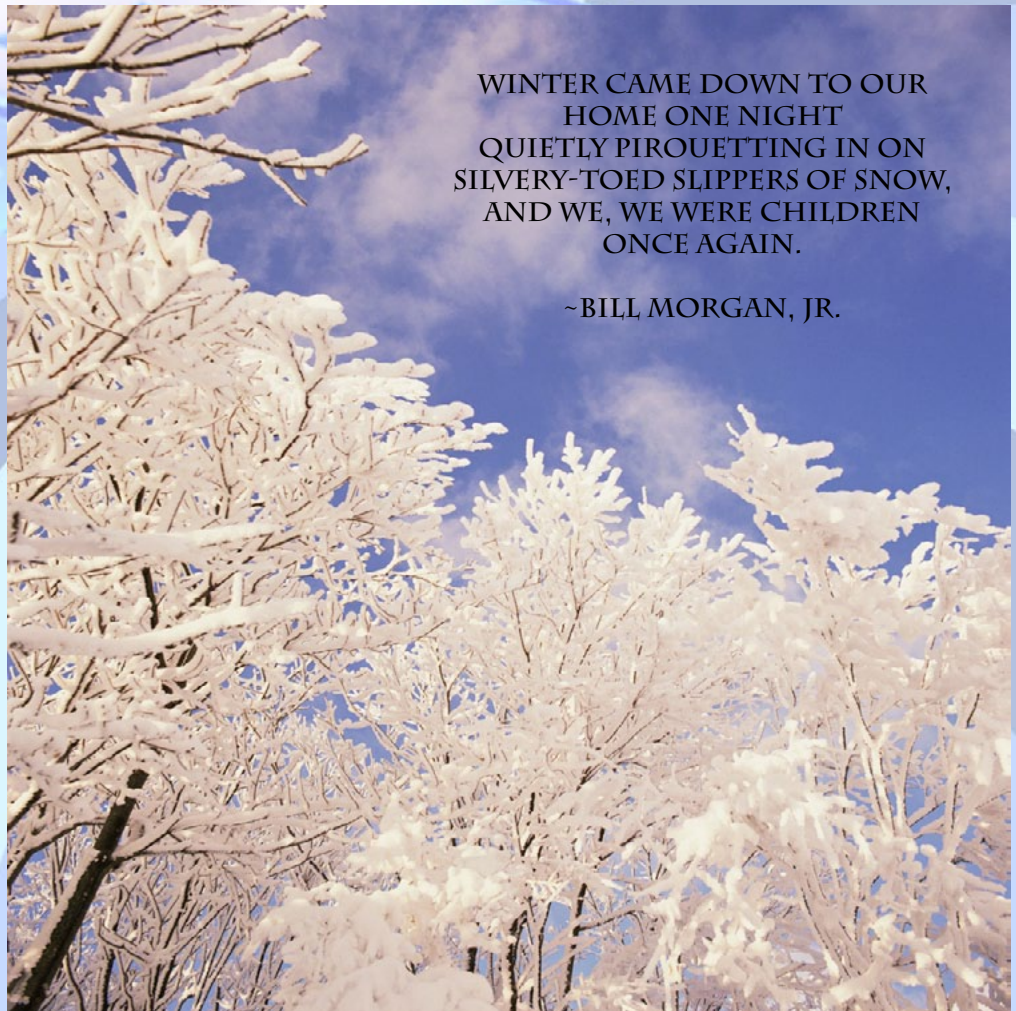
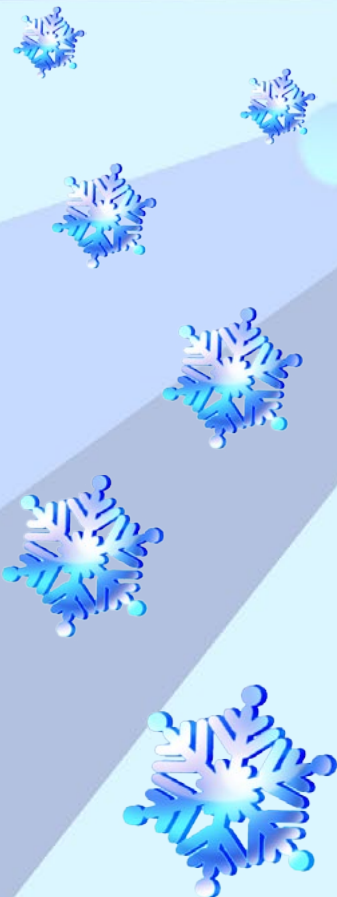


IN SEARCH OF SACRED SITES

Grant Lacquement is chairing a committee that is researching and will create an informal guide to sacred places in our area. If you would like to help or know of any such sites please email him at:

lintegritas@gmail.com

Hope you can join us!



WINTER CAME DOWN TO OUR
HOME ONE NIGHT
QUIETLY PIROUETTING IN ON
SILVERY-TOED SLIPPERS OF SNOW,
AND WE, WE WERE CHILDREN
ONCE AGAIN.

~BILL MORGAN, JR.