

Morning Star

Center For Spiritual Living



DECEMBER ♦ Creating Opportunities for Spiritual Growth & Development ♦ 2008

Speakers

December Facilitator:

Cindy Merrick



December 7

Tom Burns

“Quantum Spirituality: Is Human Consciousness Evolving, and How Might We Collude in the Re-Enchantment of the World?”

Thomas Burns is Professor of Sociology and a faculty member in Religious Studies at the University of Oklahoma. He studies and writes on social institutions from a comparative and historical perspective. His work examines how cultural and organizational systems, such as religion, education and politics develop in relation to one another in light of their comparative and historical contexts, and how those systems have social outcomes in terms of human well being and long-term sustainability.

Meditation: Diana Morgan

December 14

Alan Atkinson

“The Heart of the Matter (No Matter)”

Alan Atkinson is a scholar of Asian Art and Culture, a student of tea and a carver of fine Jack-o-lanterns. He studied Printmaking at OU and received an MA and Ph.D. in Art History from the University of Kansas. The inescapable consequences of his thoughts, words, and actions have brought he and his wife Susan back to his home town of Norman to raise two children. Alan will offer commentary on the Prajnaparamita Sutra, often called “The Heart Sutra” and considered by many to be one of the essential texts of Buddhism.

Meditation: Mahina

December 21

Grant Lacquement

“Christmas as a Celebration of the Birth of Consciousness”

The life of Jesus is an archetype, a guide, and a model for all levels of existence. On the microscopic, or personal level, Christmas is a celebration of the birth of all life.

Like the birth of Jesus, every birth, every life, is a blessing and a gift to us all. On a broader, cosmic scale, the birth of Jesus is a model for the birth and growth of consciousness throughout our world. The birth of Jesus was like a seed, or an opening, in a continuing awakening. All of these levels are inseparable because the growth of consciousness in our world is dependent on the growth of consciousness in each of us. That is how important your spiritual practice is: the peace and light in this world is dependent what you are doing right now! Grant will discuss the broad, relevant, and personal implications of the gift of Jesus birth.

Meditation: BJ Knight

December 28

“Special Holiday Service”

January 4

Licia Iverson

“Begin Again: *If you want to know the end, look at the beginning.*”
—*African Proverb*

When planned or unplanned life changing events occur, we “begin again.” How we perceive these events radically influences not only our experience of them but also the results that follow. On this first Sunday of 2009, Licia will explore ways to support the new beginnings in our life with courage, compassion and understanding. This service will include our annual Burning Bowl Ceremony.

Meditation: Helen Duchon

A Few Pics From Thanksgiving and Gratitude Pot Luck Luncheon...

“Thank you to all those who made this a very special event.”



Licia Iverson during a recent trip through Arkansas — she and Wayne just couldn't resist stopping for this photo op!



Spiritual Cinema Night



December's Morning Star Spiritual Cinema Night is being suspended so we can support the showing of Joyeux Noël sponsored by Wellness in Norman. See below.

Don't Miss These Special Showings of Joyeux Noël!

December 4th (Thursday) 6:00 p.m.

December 6th (Saturday) 4:00 p.m.

December 7th (Sunday) 2:00 p.m.

Where: Meacham Auditorium – OU Student Union

Cost: FREE!!!!!!

Joyeux Noël (English: Merry Christmas) (2005) is a film about the World War I Christmas truce of December 1914, depicted through the eyes of French, Scottish and German soldiers. It was written and directed by Christian Carion and was nominated for Best Foreign Language Film at the 78th Academy Awards. The film was originally rated R. However, after film critic Roger Ebert criticized the rating the MPAA officially changed the rating to PG-13.

This very touching story about a true occurrence during the first Christmas of the Great War is very moving. *Just a footnote: Alfred Anderson, the last survivor of the Christmas Truce of 1914 died November 21th, 2005 at a nursing home in his native Scotland. He was 109 years old.*

Lest we forget...

Katrina Boyd
University of Oklahoma
Film and Video Studies



Financial Report	
10/1/08 – 10/31/08	
Income:	\$ 1,354.00
Expenses:	\$ 1,745.00
Net Total:	\$ -391.00



Holiday Giving Opportunity

Morning Star Community has selected **Health for Friends of Norman** to be the recipient of the generosity of our community this holiday season.

Health for Friends is a non-profit 501(c)(3) organization dedicated to providing medical care to the low-income uninsured residents of Norman, OK. Health for Friends provides a variety of healthcare options, including: General Medical Clinic, Well Women's Clinic, Pharmacy, Dental Clinic, and Prenatal Care.

Look for a display and basket for donations in our lobby and please make all checks payable to "Health for Friends."



Winter Crew

Volunteer Coordinator:

Lew Blockcolski

**Setup/Takedown for December
is Team #3:**

Crystal McGill, Elspeth McKinzey
(co-leaders), and Lacey Penner

Food for Thought...

"Because we all share an identical need for love, it is possible to feel that anybody we meet, in whatever circumstances, is a brother or sister. No matter how new the face or how different the dress and behavior, there is no significant division between us and other people. It is foolish to dwell on external differences, because our basic natures are the same.

Ultimately, humanity is one and this small planet is our only home. If we are to protect this home of ours, each of us needs to experience a vivid sense of universal altruism. It is only this feeling that can remove the self-centered motives that cause people to deceive and misuse one another.

If you have a sincere and open heart, you naturally feel self-worth and confidence, and there is no need to be fearful of others.

I believe that at every level of society — familial, tribal, national and international — the key to a happier and more successful world is the growth of compassion. We do not need to become religious, nor do we need to believe in an ideology. All that is necessary is for each of us to develop our good human qualities.

I try to treat whoever I meet as an old friend. This gives me a genuine feeling of happiness. It is the practice of compassion."

—Tenzin Gyatso; The Fourteenth Dalai Lama

We hope to see you soon. Sunday Celebration Services 10:00am; 329 S. Peters (Downtown Norman)