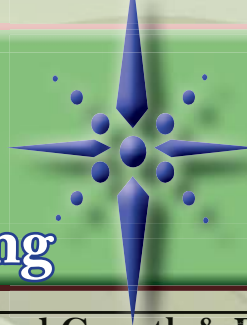


Morning

Center For Spiritual Living



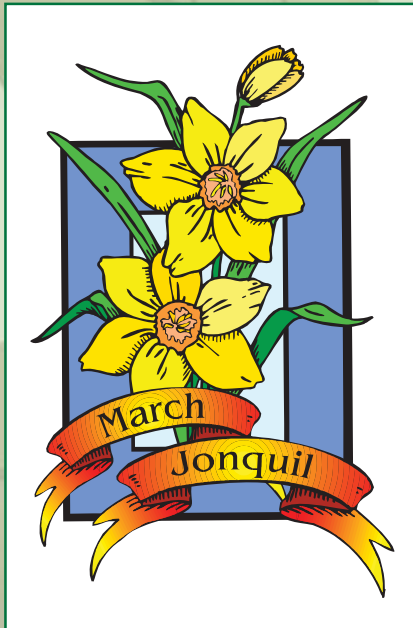
Star

MARCH ♦ Creating Opportunities for Spiritual Growth & Development ♦ 2010

Speakers

March Facilitator:

Alan Atkinson



March 7

Elizabeth Latifa

"From Whence Our Beliefs Came"

For the past three years Elizabeth Muller has been a part of Dr. Neil Douglas-Klotz's Abwoon Interfaith Leadership Program which seeks to link the often incomprehensible Christian dogma to its roots and thereby connect it to other belief systems, especially the Persian, Abrahamic and Divine Mother centered religions. Last year Elizabeth shared with us the Dances of Universal Peace and this year she will present a sort of subset of the Dances: the Aramaic work of Dr. Douglas-Klotz, which delves into the message of Jesus, but in expanded translations which illuminate the words and show how they are related to the most basic human spirituality (e.g., the first line of what is known in the King James Bible as the Lord's Prayer, "Our Father who art in Heaven," can also be read, "O Birther, Mother-Father of the Cosmos, creator of all that moves in light and vibration.")

Meditation: Ron Jenkins

March 14

Kathy Smith

"Books that invite us to experience the heart of God."

Kathy Smith will discuss two life-impacting books that invites one to experience God as never before. The books are, "The Shack" by William Paul Young and, "A Course in Miracles." Kathy has been the facilitator of A Course in Miracles Discussion Group that meets every Tuesday at Barnes & Noble Bookstore for over 10 years. Kathy also enjoyed a fulfilling career as a psychotherapist with the State of Oklahoma. Come join her as she explores the many ideas from these books that helps us see beyond the veil of our illusions that seem to separate us from God.

Meditation: Katrina Boyd

March 21

Grant Lacquement

"The ritual of Life"

Grant Lacquement, one of Morning Star's towering pillars, will talk about the mundane habits of everyday life and how these add up to a powerful ritual in support of life.

Meditation: Cathy Bloye

March 28

Jan Wright

“Living in the Now~What You Focus on Expands!”

Jan Wright PhD states “Our NOW consists of what we are speaking, thinking and feeling.” Jan will help us learn how to speak success, not allowing our past or future to disturb us now. She reminds us, “We are who and what we say we are.” Jan has been in the healing arts since 1975 and offices in OKC at Neighborhood Alliance located at 36th & Classen. In a clinical setting Dr. Wright is able to draw from numerous techniques to determine the proper technique to restore an individual to optimum health. She also teaches Gems of Excellence classes which are designed for educators, business and health professionals, and for the lay person and focus on simple techniques to re-educate and integrate whole brain functions for ease in making life choices and optimizing performance. The result of this restoration training is the ability to learn and get relief from years of chronic pain and limitations.

Meditation: Teresa Collado

April 4

Alan Atkinson

“Easter – TBA...”

Meditation: Faith Prout



Morning Star Day Retreat

- * Come deeper inside of your Self
- * Make connection with your creative spirit
- * Expand expression through movement
- * Deepen connection to the Whole

The day will be a combination of activity, self-reflection, and sharing designed to deepen connection to your True Self.

Saturday March 13

9:00 - 6:00 (arrive at 8:30)

Ginko Tree Art Studio (110th east and Alameda)

Pot luck lunch ~ Bring a Chair ~ Cost: \$15 dollar donation

Questions? Call Gina McCook 321-8770



Volunteer Coordinator:

Lew Blockolski

March Setup/Takedown is

Team #1:

Alan Atkinson

Lew and Ginger Blockolski

Awareness Circle

You are invited to participate in an Awareness Circle facilitated by Gina McCook to be held every first and third Sundays of the month. The group will meet downstairs at the Senior Citizen Center from 11:30 to 1:00. The purpose of the circle is to deepen one's connection to self and to others through self awareness. More information can be found on the Community table or by calling Gina McCook 321-8770 or email mcmgina@earthlink.net.



Morning Star Children's Program

The Spiritual Education Program explores Core Values/Virtues/Spiritual Concepts such as Abundance, Creativity, Compassion, Assertiveness, Attitude, Forgiveness, Mindfulness, Flexibility Enthusiasm, just to name a few. Each week we will introduce a Core Value/Virtue/Spiritual Concept, a meditation designed especially for children, and a craft activity or experience, to further explore the day's concept. A light snack is provided.

Morning Star Children's programs begin at 10AM each Sunday and include a spiritual theme for each week. The week's theme is explored using a combination of stories and parables from the world's major religious traditions, short exercises in yoga and meditation, and craft activities.

Morning Star Children's Program takes place in the basement of the Senior Center. Doors open at 9:45. If you would like more information regarding the children's program please see a committee member: Angela Cejda, Abby Lassiter, Susan Atkinson, Licia Iverson, or Dylan Oaks.

Financial Report

01/01/10 - 01/31/10

Income: \$3,747.84

Expenses: \$2,073.08

Net Total: \$1,674.76

Spiritual Cinema Night

Friday, March 5, 2010: Young @ Heart (2007 PG)

Coldplay, the Clash and Jimi Hendrix will never sound the same once you've heard the Young@Heart chorus, a group of Massachusetts senior citizens who thrill audiences worldwide with their unusual -- and unusually poignant -- covers of rock songs. Stephen Walker's humane and heartwarming documentary, which premiered at Sundance in 2008, follows the elderly ensemble as they prepare their latest show for public performances. Review by Netflix www.netflix.com

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. Some snacks will be provided, but please feel free to bring more 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

Amazon.com Report

Thanks to all of your holiday shopping online by accessing the Amazon website through www.morningstarcenter.org We would like to encourage you to continue using this process throughout the year and encouraging friends and family to do the same. It's an easy way to help support Morning Star. *The more we have the more we can share!*



Don't forget to move clocks ahead 1 hour (& change smoke detector batteries)

We hope to see you soon.

Sunday Celebration Services 10:00am;
329 S. Peters (Downtown Norman)