



AUGUST ✦ Creating Opportunities for Spiritual Growth & Development ✦ 2011

 SPEAKERS

AUGUST 7

TOM MASSEY

Tom will facilitate a group activity to delve into “Spiritual Questions You Always Wanted to Ask.” Here’s Your Chance! Tom is a corporate trainer and author.

MEDITATION: TOM MASSEY

AUGUST 14

MELVA CURRY

“SWEET SURRENDER”

Melva is a native Texan who has been on the road since 1967 and has lived in six states throughout her personal journey. She was educated as a teacher, became a graphic artist, then a business manager, an event coordinator, and has accumulated many other titles along the way. She knew from childhood that the answers to her spiritual questions would not be easy to come by, and she will share some of the things she has learned during her lifelong search.

MEDITATION: CHARLOTTE HAYES

AUGUST 21

MADONNA NOBLE

“JOURNEY WITH ME ON THE ROAD TOWARD AQUARIAN CONSCIOUSNESS”

Madonna has been a long-time Morning Star member and is a Kundalini yoga (the yoga of awareness) and meditation teacher in Norman. She will share some tips and techniques in an experiential way about what the imminent Aquarian Age means, what is required of us, and mantras (sacred sound currents) that help recalibrate mental frequency so that we can synchronize with the Aquarian vibration.

MEDITATION: SARA (SALLY) MENZIE

SPEAKERS (CONTINUED)

AUGUST 28

KELCIE CARTER

“SOME TRUTHS AND LIES I’VE LEARNED ABOUT GOD ON MY JOURNEY”

Kelcie was born in Hollis, Oklahoma, and moved as a newlywed to Norman in 1979. She obtained her Bachelors and Masters Degrees in Family Relations and Child Development from OSU, and she has taught 2nd grade and Kindergarten for more than 25 years. Along the way Kelcie worked as an Artist in Residence for Norman Public Schools, a professional photographer and graphic designer, and owned her own cooking business. Kelcie and her husband, Kent, have 2 daughters and 1 son, all who have recently finished college. Kelcie has spent much of her life caring for others and has come to know God through those relationships. She will reflect on her current religious practice, the teachings of her childhood, and with her 60th birthday looming, what the next chapter will hold.

MEDITATION: JACQUIE TAYLOR

MORNING STAR’S SPIRITUAL WOMAN’S GROUP

AUGUST 13TH (FULL MOON)

SATURDAY 7-9 PM

8301 E. ROCK CREEK ROAD

QUESTIONS CALL OR E-MAIL CHARLOTTE HAYES

321-4247 - charlotte.hayes@sbcglobal.net

HOPE YOU CAN JOIN US!

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 AM. 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 or Margaret Cejda.

SPIRITUAL CINEMA NIGHT

FRIDAY, SEPTEMBER 2ND

***Young at Heart* (Stephen Walker and Sally George, 2007) 107 min.**

This delightful documentary presents the Young at Heart Chorus of Northampton (MA), which is made up of senior citizens. But they do not sing the old standards you might expect, rather their energetic 50-something director, Bob Cilman, has them covering a wide variety of singers and groups, from The Talking Heads, The Ramones, Bob Dylan and James Brown. It's not that they are exceptional singers, but the way that the behind-the-scenes story of their preparation for a home-town concert combines with their unusual renditions of rock, punk and alternative hits to create a moving and realistic picture of a novel, energetic approach to the "golden years."

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

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.

AUGUST NOTES

SET-UP TEAM #2:

Sara McFall
Dylan Oates
Sara Menzie

SERVICE FACILITATOR:

Margaret Cejda

FINANCIAL

06/01/11 – 06/30/11

Beginning Balance: \$10783.10

Total Inflows: \$ 1828.40

Total Outflows: \$ 1768.52

Childcare.....175.00

Honorarium.....400.00

Meals.....45.00

Rent.....400.00

Supplies.....518.00

Ending Balance: \$11406.39



September

SEPTEMBER 4

CHRIS ROYSE

“MOVING AT THE SPEED OF TRUST”

Trusting another person requires vulnerability. In order to inspire enough trust to breakdown walls of fear, we must begin with ourselves to build credibility in personal relationships, families, coworkers, and the community. Chris Royse, who works in corporate training and development for Chesapeake Energy, will share thoughts about how to create successful alliances with the people who are most important in your life. He currently lives in Norman with his wife Stephanie and two daughters, Caitlin and Sarah.

MEDITATION: MELVA CURRY



THE VOICE OF THE RAIN

AND WHO ART THOU? SAID I TO THE SOFT-FALLING SHOWER,
WHICH, STRANGE TO TELL, GAVE ME AN ANSWER, AS HERE TRANSLATED:

I AM THE POEM OF EARTH, SAID THE VOICE OF THE RAIN,
ETERNAL I RISE IMPALPABLE OUT OF THE LAND AND THE BOTTOMLESS SEA,
UPWARD TO HEAVEN, WHENCE, VAGUELY FORM'D, ALTOGETHER CHANGED, AND
YET THE SAME,

I DESCEND TO LAVE THE DROUTHS, ATOMIES, DUST-LAYERS OF THE GLOBE,
AND ALL THAT IN THEM WITHOUT ME WERE SEEDS ONLY, LATENT, UNBORN;
AND FOREVER, BY DAY AND NIGHT, I GIVE BACK LIFE TO MY OWN ORIGIN,
AND MAKE PURE AND BEAUTIFY IT;

(FOR SONG, ISSUING FROM ITS BIRTH-PLACE, AFTER FULFILMENT, WANDERING,
RECK'D OR UNRECK'D, DULY WITH LOVE RETURNS.)

-- WALT WHITMAN