



SEPTEMBER ♦ Creating Opportunities for Spiritual Growth & Development ♦ 2011

## SPEAKERS

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

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SEPTEMBER 11

RYAN JONES

“EMOTIONAL INTELLIGENCE: REACHING BEYOND THE TEMPORARY TO KNOW THE REAL SELF”

**Ryan will talk about the relationship between emotions and peace. He will show what he has learned about how to handle intense emotion without losing your center. He has been studying Mastery of Consciousness at the School of Metaphysics in Oklahoma City for more than five years. He has taught the lessons offered by the School of Metaphysics to many students and lectured on many topics including dream interpretation, concentration, visualization, meditation, breath, and divine friendship. He is also a graduate of the University of Oklahoma and currently uses that education in his career as an electronics engineer.**

MEDITATION: MARGARET CEJDA

## SPEAKERS (CONTINUED)

SEPTEMBER 18

JAN ASTANI

“GREEN-EYED BAPTIST GIRL MARRIES BROWN-EYED BAHAI BOY,  
AND THEY'RE LIVING HAPPILY EVER AFTER”

**Jan will share how a couple from different countries, cultures and religions blends together to form a harmonious family. She specializes in motivational speaking, training and writing and is passionate about communication, creativity and leadership. Currently the 2011 Moore Chamber of Commerce president and an OU graduate, Jan's background encompasses marketing, sales and real estate.**

MEDITATION: CHRIS HIGBY

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SEPTEMBER 25

SACRA NICHOLAS

“TEN STEPS TO TRANSFORMATION”

**Sacra Nicholas has been told to stop seeking and just know, but for her seeking is like being part of a grand mystery novel (co-authored with the Divine) that is full of intriguing experiences and opportunities for new insights and spiritual growth. She will share some of the more recent chapters in her novel entitled “Journey to Transformation” and invite you to begin to “co-write” and design your own transformation by using a 10-step action plan as a guide. Sacra has played a vital role in the leadership and growth of Morning Star for the past eleven years.**

MEDITATION: SARA MCFALL

## MORNING STAR'S WOMEN'S SPIRITUAL GROUP

SEPTEMBER 11<sup>TH</sup>

SUNDAY 7-9 PM

8301 E. ROCK CREEK ROAD

QUESTIONS? CALL OR E-MAIL CHARLOTTE HAYES

321-4247 - [charlotte.hayes@sbcglobal.net](mailto:charlotte.hayes@sbcglobal.net)

**Hope you can join us!**

## SPIRITUAL CINEMA NIGHT

***Young@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](http://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. 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.

## 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.

## SEPTEMBER NOTES

### SET-UP TEAM #3:

Ian and Sheila Bittle  
Gary Criner

### SERVICE

#### FACILITATOR:

Alan Atkinson

### FINANCIAL

07/01/11 – 07/31/11

Beginning Balance:	\$11183.61
Total Inflows:	\$ 1702.96
Total Outflows:	\$ 2028.91
Accounting	300.00
Childcare	210.00
Honorarium	500.00
Meals	124.02
Music	360.00
Rent	500.00
Supplies	34.89
Ending Balance:	\$10857.66



OCTOBER 2

SUSAN SHARP

“JOURNEY OF THE BODY, MIND, AND SPIRIT”

Susan Sharp made a decision in late 1981 to put her life on a completely different track. Little did she know the places that decision would take her or how Body, Mind and Spirit would become intrinsically linked in the process. She invites you to follow her on that journey. Susan is the L. J. Semrod Presidential Professor of Sociology and Women’s and Gender Studies as well as the mother of three and grandmother of four wonderful people.

MEDITATION: TOM MASSEY

## UNDER THE HARVEST MOON

UNDER THE HARVEST MOON,  
WHEN THE SOFT SILVER  
DRIPS SHIMMERING  
OVER THE GARDEN NIGHTS,  
DEATH, THE GRAY MOCKER,  
COMES AND WHISPERS TO YOU  
AS A BEAUTIFUL FRIEND  
WHO REMEMBERS.

UNDER THE SUMMER ROSES  
WHEN THE FLAGRANT CRIMSON  
LURKS IN THE DUSK  
OF THE WILD RED LEAVES,  
LOVE, WITH LITTLE HANDS,  
COMES AND TOUCHES YOU  
WITH A THOUSAND MEMORIES,  
AND ASKS YOU  
BEAUTIFUL, UNANSWERABLE QUESTIONS.

-- CARL SANDBURG

