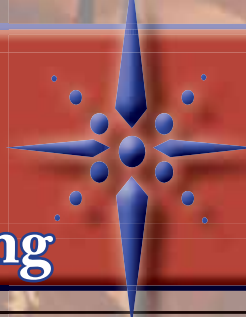


# Morning

Center For Spiritual Living



# Star

OCTOBER ♦ Creating Opportunities for Spiritual Growth & Development ♦ 2009

## Speakers



**October Facilitator:**  
*Grant Lacquement*



**October 4**

**Margaret Stephens**

### “The Journey from Transformation to Transcendence”

Margaret Stephens resides in the spiritual community of Sparrow Hawk Village and serves on the Board and is a faculty member of Sancta Sophia Seminary. Margaret writes: *“Although the journey is relatively short – about 18 inches from the center at the base of the spine to the center at the top of the head – it takes thousands of years and a great deal of effort to change the habits and patterns of many lifetimes and to be able to embody – in full waking consciousness within the world of everyday life – transcendent states of awareness.*

*One of the most important helpers we have on this journey is the Basic Self (a term from the Huna wisdom teachings that relates to, but is much more than, the subconscious) – once we recognize and learn how to work with it.*

*Basic Self is the keeper of all of our memories and is responsible for the maintenance and well-being of our body. Not only is the body the archive of everything that has happened to us, it is the laboratory in which every cell is transmuted into a higher, lighter frequency. And it is through the cooperative effort of the Basic Self that ascension occurs and that the matter of the 3-fold personality eventually returns to its original state.”*

Come and meet the Basic Self, a most important companion on the journey – without the loss of the physical body – to a transcendent state of consciousness.

*Meditation: Stacey Shoemake*

**October 11**

**Debbie Maddox**

### “Learning How to Want What Life Wants for You”

Debbie Maddox, an Oklahoma Bar Association attorney, writes, *“In today’s world we all feel obligated to figure out where our lives are going, what we are supposed to be doing, learning, wanting and getting at all times. We have all forgotten, assuming we ever knew, that Life itself has a plan for us too. We are all too busy and impatient to listen and let the motion of our lives be nudged and directed by the more intelligent forces that create and move our lives forward. If we can stop resisting life even a little bit, we can learn to make room for the kind of ease that Life intends for all of us, all of the time.”* She will expand upon these ideas in her presentation to Morning Star.

*Meditation: Gina McCook*

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October 18

Madeline Ruh

## “Communion and Communication”

Madeline Ruh is an artist, university instructor, tai chi chu teacher, and gentle soft spoken soul. Here is what she has to say about her presentation: *“This interactive talk will briefly explore the three healing aspects of the New Cosmological Story and the role of perception and the senses in facilitating what the Lakota call, “Mitakuye Oyasin” . . . all things are my relatives.”*

*Meditation: Judith Evans*

October 25

Nancy Poer

## “Living Into Dying, Caring For Our Loved Ones at the Threshold of Death”

Nancy is well known for her work with death and dying. Her book, [Living Into Dying, Spiritual and Practical Deathcare for Families and Communities](#) is widely read and has empowered people throughout the country to care for their loved ones at death. She felt called to threshold work, first assisting with births, and then pioneering support for home deaths in the community, which she has done for over 25 years. Nancy’s widely acclaimed documentary videos on conscious dying, *“The Most Excellent Dying of Theodore Jack Heckelman”* and *“A Family Undertaking”* have been shown on PBS many times. Nancy teaches practical, legal, and spiritual ways to honor and care for loved ones at home, before and after death. She has worked extensively in the past with Dr. Elizabeth Kubler-Ross and incorporates her principles into her philosophy.

Besides her threshold work, Nancy is known across the United States for her lively lectures on Waldorf education, parenting, child development, the mission of the spiritual America and feminine spirituality. Nancy lives with her husband of many years in the Sierra foothills in California at White Feather ranch where they raise cattle, have a bio-dynamic garden, host school classes, women’s retreats and threshold conferences to help pass the work on to others.

*See special events Nancy will be offering during her stay in Oklahoma on page 4.*

*Meditation: Tom Massey*

November 1

Dayna Dunbar

## “Angelology”

Angelology is the study of angels based on literature of many different cultures around the world. Kenda Renato, an astrologer from Las Vegas now living in Shawnee, has researched many metaphysical topics and will share her findings on the hierarchies of angels and how this hierarchy influences our lives.

*Meditation: Cathy Bloye*

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## ***Help us Help Ourselves!***

Do you or your friends order items from Amazon.com? If so we’d like to encourage you to access the Amazon website through [www.morningstarcenter.org](http://www.morningstarcenter.org) (Donate link). By becoming an Amazon affiliate Morning Star can earn up to 15% on purchases made from Amazon. Just go to our website and click on the Donate link at the top of the home page then select the Main Amazon.com Shopping link at the bottom of the Donate page. This will redirect you to the Amazon site where you can place your order (as you always do). Amazon will keep track of the purchases channeled through the Morning Star website and send us a rebate based on the volume of sales made.) Encourage your friends to place their Amazon orders through our site as well. It’s an easy way for you to help support Morning Star.

*The more we have the more we can share!*



# Children's Program: Teach Your Children Well

## Morning Star's Spiritual Education Program

The Morning Star Children's Program is designed for children to explore a spiritual theme each week related to core values, virtues and living a healthy life. The children will experience a combination of stories and parables from the world's major religious traditions, short exercises in yoga and meditation, and creative expression activities.

Come join us, as we explore the following topics:

- October 4      Compassion
- October 11    Courtesy
- October 18    Assertivness
- October 25    Confidence
- November 1   Cleanliness



Our children's program meets at 10AM each Sunday, 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.

### Morning Star Fall Harvest Potluck - Saturday October 24<sup>th</sup>

Details and  
directions will  
be announced at



### Drawing for Tanzie – Original Oil Painting

– **Sunday October 25<sup>th</sup>** This year we have a special donation – “Tanzie” – an original oil painting by B.J. Knight of a Tanzanian girl inspired by our Well project. We hope to have postcards of the painting printed for the community but you'll also want to buy lots of raffle tickets to increase your changes of winning this priceless treasure.

## Mark Your Calendar!





### Financial Report for 8/1/09 – 8/31/09

**Income:** \$ 2,737.80  
**Expenses:** \$ 2,056.00  
**Net Total:** \$ 681.80

## Journey from Transformation to Transcendence Workshop

October 4<sup>th</sup>

Facilitated by Margaret Stephens

When: October 4, 2009

11:30 – 1:00 (following Sunday morning services)

Where: Norman Senior Citizen Center

How much: Donations welcome

Description: The workshop will be experiential and provide information and support for your journey to your true Self. Read more details about this process under Margaret Stephens October 4<sup>th</sup> speaker information (page 1).

## Nancy Poer's Events/Workshops in Oklahoma:

See flyers on the community table:

October 24<sup>th</sup> Biodynamic Food-Grow it! Workshop (OKC - \$5.00)

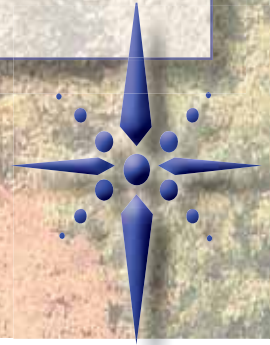
October 26<sup>th</sup> Courage to Parent – Find Inner Compass (Norman - Norman HS Auditorium - Free)

October 28<sup>th</sup> Informal Discussion Waldorf Schools (Norman - St Stephens - Free)

October 31<sup>st</sup> Living Into Dying (Norman - Hospice Group - Free)

### *The "Prayer for Protection":*

The Light of God surrounds us,  
 The Love of God enfolds us,  
 The Power of God protects us,  
 The Presence of God watches over us,  
 Wherever we are, God is, and all is well.  
 And so it is.



**Volunteer Coordinator:** Lew Blockcolski

**Setup/Takedown for October is Team #4:**

Kay Willinger, Faith Prout, Ron Jenkins

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

