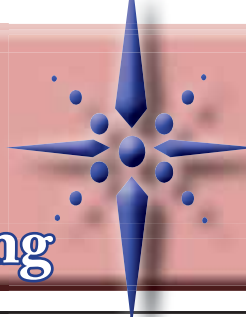


Morning Star

Center For Spiritual Living



FEBRUARY ♦ Creating Opportunities for Spiritual Growth & Development ♦ 2009

Speakers

February Facilitator:

Licia Iverson

February 1

Tom Massey

"Getting from where you are to where you want to be."

Performance coach and author Tom Massey will be sharing success principles from his latest book titled *"How Bad Do You REALLY Want It?"*

Meditation: Ron Jenkins



February 8

Dr. Nita McNeil

"Muscle Testing"

Muscle testing, also called kinesiology is an ancient healing tool that has been around for centuries. Muscle testing is biofeedback without all the gadgets. It can be used anywhere to test almost anything. Dr. McNeil will cover:

- The scientific theory behind muscle testing
- How to muscle test someone else
- How to muscle test by yourself
- How to de-stress yourself and others using Positive Points.

Meditation: Kay Willinger

February 15

Judith Evans

"The Journey of Love"

How we respond to the ebb and flow of life's love relationships is critical to our personal and spiritual development. Judith shares how her personal journey has deepened her spiritual path and paved the way for a life with heightened awareness.

Meditation: Madonna Noble



February 22

Lynn Hardin

“Connecting Your Dots.... are there any accidents?”

Lynn will speak about how elegantly our dots are connected. We live on a planet which is a closed system. Consider how truly connected we all are. The question is “why” do so many people feel marginalized and dis-connected.

Lynn has spent the last 3 years traveling and working with Dr. Masaru Emoto, the Japanese author known for his discovery that when human speech or thoughts are directed at water droplets as they are frozen, images of the beauty of resulting water crystals depends on the quality of the thoughts.

Meditation: BJ Knight

March 1

Barbara L. Clayton

“The 7 Levels of Consciousness and How They Effect the Physical Plane”

Barbara will discuss the Seven Levels of Consciousness and how they overlap and intersect making up our spiritual, mental and emotional bodies. Barbara holds a Master’s Degree from Oklahoma State University. Trained and certified in several polarization therapy modalities, her practice focuses on the restoration of core energies on the cellular and subcellular levels. She has 38 years medical experience, the last 19 as a certified holistic healthcare practitioner. Published in five fields of study, Barbara also is tribally trained in Shamanic Medicine and is a licensed minister, fully recognized, by the State of Oklahoma.

Meditation: Karen Marx



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.

Children’s Program Themes for February, 2009 will include:

Feb 1	Idealism
Feb 8	Reliability

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 Lasiter, Susan Atkinson, Licia Iverson, or Dylan Oaks.





Spiritual Cinema Night

Friday, February 6th: The Great Debaters

(Denzel Washington, 2007) 126 min.

Denzel Washington both directs the film and plays the lead, Professor Melvin Tolson—college professor, debate-team coach, and union organizer—in this film based on the true story of a highly successful African-American debate team that challenged stereotypes and segregation in the mid-1930s. In real life, Tolson's son went on to become a respected professor at OU. The film is not only interesting because of its portrayal of racial issues and the role of higher education, but also in its exploration of reasoned debate in an era fraught with contradictions.



Friday, February 27th: Off the Map (Substitution for March)

(Campbell Scott, 2003) 105 min.

This independent film tells the offbeat story of a family living an unconventional life in New Mexico in the mid-1970s. They have dropped out of mainstream culture to live the simple life. But the father of this atypical family, played by Sam Elliot, is suffering from a depression that his wife (Joan Allen) and young eleven-year-old daughter are struggling to understand. When an IRS agent comes to audit the family, everyone has a chance to make new discoveries about their decisions and desires.

Friday, April 3rd: Across the Universe

(Julie Taymor, 2007) 133 min.

Using a fresh-faced cast, this visually stunning musical re-imagines a wide-range of Beatles songs in the context of a love story set against the backdrop of the political and social turmoil of the 1960s. Unlike the abysmal Sgt. Pepper's Lonely Hearts Club Band (1978) which bent the Beatle's songs to fit a bizarre, yellow-submarine-like plot, Across the Universe manages to provide a context that allows for a more full exploration of and appreciation for the complexities of their songs. While somewhat uneven, I'm sure the film will invite lots of comment and debate.

All screenings will begin at 7 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!

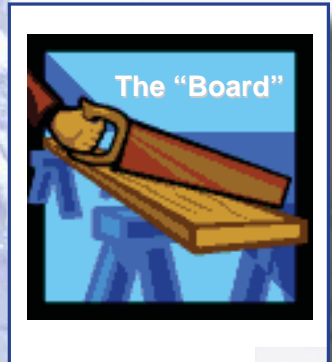
—**Katrina Boyd**
University of Oklahoma
Film and Video Studies



Welcome 2009 Morning Star Board Members!

The annual board election was held at the end of the Sunday services on January 18th and the following people were elected to serve on the Morning Star 2009 Board:

Lou Blockolski, Gary Criner, Sue Crites, Helen Duchon, Ron Jenkins, Grant Lacquement, Gina McCook, Sara McFall, Faith Prout, Jacquie Taylor, and Kay Willinger We are most grateful for their willingness to serve our community.



Morning Star Center Website For Dummies (Maybe – Maybe Not):

What: New Morning Star Website Demonstration, Tutorial and Registration

When: February 8th (following the service)

Jackie Taylor has been working diligently on a new website for Morning Star and will showcase many of the features of this new website as well as be on hand to help anyone wanting some assistance in registering for the Morning Star forum following the service on February 8th. Stay and be prepared to be impressed with all the wonderful things she has done with our site.



Wisdom Collection News and Spiritual Book Fair/Pot Luck Sunday

The board under the direction of the "Keeper of the Collection", Charlotte Hayes, has decided to adopt some new policies with respect to donating and checking out books in the Wisdom Collection.

We will no longer have a sign-out system but are moving to an honor system that seems more in alignment with the Morning Star organization. We ask that you borrow the books, tapes, etc. that interest you and return them in a reasonable amount of time for others to enjoy. Since not many of our members have video recorders Charlotte will select a Sunday to set out the videos collection for anyone to take. What is not claimed will be donated to a non-profit organization.

Now for the *FUN* part. We are planning a Spiritual Book Fair/Pot Luck Sunday in March. Stay tuned for the details in next month's newsletter.



Mark Your Calendars!

2012 and the Mayan Calendar Workshop

Who: Gary Cone, Presenter
When: March 15th 1:00 - 4:00 p.m.
Where: Therapy In Motion (2475 Boardwalk)
Cost: \$20.00 per person



Gary Cone, one of our most treasured Morning Star Speakers, will be presenting a workshop explaining the true meaning of the Mayan Calendar and how it is relevant to us today. The calendar is a non-ambiguous time line never before known to human kind. It is the first time humanity has had an unambiguous (we don't need an interpreter to tell us what it means) document (in this case left artifacts and glyphs) that tell us where we have been, where we are now, and where we are going and when we will get there. The information is clear, unmistakable and for all humanity – not just for the Mayans. If it were just a Mayan Calendar it might be interesting, but to have relevance for us now it has to be for all human beings – and it is.

Gary states, *“For me personally, it has answered many questions concerning why us? why now? as well as explaining what is happening in our world today and why. It also tells us what to look for in the next few years and gives us clarity about what each of us needs to be focused on in order to make this time more productive. It makes sense out of the chaos that we are currently swimming in. Anyone with an encyclopedia or access to the internet can verify for themselves the accuracy of their predictions. It is mind blowing, actually.”*

Winter Crew

Volunteer Coordinator:
Lew Blockcolski

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

Kay Willinger (leader)
Faith Prout
Ron Jenkins

Financial Report

12/1/08 – 12/31/08

Income: \$ 3,077.46

Expenses: \$ 2,245.00

Net Total: \$ 832.46

2009

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

