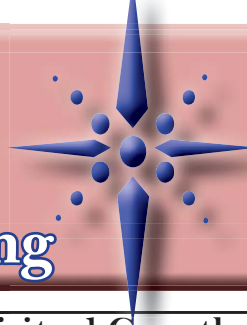


Morning

Center For Spiritual Living



Star

FEBRUARY ♦ Creating Opportunities for Spiritual Growth & Development ♦ 2010

Speakers

February Facilitator:

Margaret Cejda



February 7

Darrel Clark

"Contemplating Liberation, Do We Really Want to Wake Up?"

We all have the potential for unlimited happiness and freedom. Yet, for the most part, we choose to stay in prison—a prison of our own making. Its walls are our habits of thinking and its bars are our limited self-concepts. We'll talk about the prison food (usually "mental soup") and why it is never very satisfying. And, most importantly, we'll collaborate on a plan to escape.

Meditation: Faith Prout

February 14

Dara Fogel and Richard Auer

"Romance & Resilience: Emotional Self-Mastery in Relationships"

Richard S. Auer has traveled extensively across America, and lived for 3 years as a brahmacharya at Ammachi's Ashram in South India. Previously, he worked for the Message Company of Santa Fe for over 6 years, helping to coordinate the Consciousness Conferences held in New Mexico and Mexico. These days, he is a wedding officiant with "Get Married Your Way" and is a Polarity Therapist and Licensed Massage Therapist. Dara Fogel holds a Ph.D. in Ethics and Social Political Philosophy, specializing in Philosophy of the Self, from the University of Oklahoma. In her various incarnations, she has been a graphic artist, a Shakespearean actor and queen of the OU Medieval Fair. Currently, she teaches philosophy and ethics at UCO in Edmond and works in the OU Religious Studies Program as the Assistant to the Director of Outreach. Richard and Dara have been married for 3 years as of February 10, 2010. Together, they have founded the Conscious Living Institute of Central Oklahoma.

In this talk, Dara and Richard will discuss some of the current challenges of being in a romantic relationship in the post-modern era, as well as some ways to address those challenges. The media and Western culture are dominated with inflated images of sex and romance, leading to unrealistic expectations and rampant self-desertion. We will look at the limitations of language and cultural portrayals of love and romance, and explore current research on ways to bring a more affirming, self-aware and compassionate perspective to our relationships.

Meditation: Gina McCook

February 21

Joseph Ramsey

"God has his morals and ethics confused, doesn't he?"

Joe Ramsey is broker and owner of Sprit Company located in Warr Acres, OK. He explains, " *There was a time when religion and ethics were treated as the properly separate subjects they are. Before Christianity, ethics answered the question, 'How should we live?' Religion answered the question, 'What is our relationship to the gods?'*" His intention in speaking at Morning Star is to stimulate our thoughts and test our open-mindedness. Joe has also provided the following Bible passages as examples of biblical guidance related to his topic for those who would like to explore these ideas in advance. (*Matthew 14:1-4, 2 Samuel 12:1-15, 1 Kings 13:1-9, Acts 24:25, Matthew 26:36-46, and Esther 4:13-16*)

Meditation: Judith Evans

February 28

Steve Ledgerwood

"Personal Development for Smart People"

Steve will discuss the personal growth principles of Truth, Love and Power outlined in Steve Pavlina's book, "*Personal Development for Smart People*". Steve will also share his own experience as he came to the realization that fulfillment does not come through the high-powered job, the big house or the big income.

Meditation: Mary Bruehl

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



Spiritual Cinema Night

Friday, February 5th: "Once"



In this charming contemporary musical helmed by John Carney, a street musician (Glen Hansard) in Dublin, Ireland, strikes up a friendship with a migrant street hawker (Markéta Irglová), and the duo ends up composing and recording a series of songs over the course of a week. The tunes mirror their burgeoning romance and help the young busker release his musical passions. The actors wrote the tunes they perform, winning an Oscar for their efforts. (2006) R

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



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, 2010 will include:

Feb. 7 - Reliability
Feb. 14 - Love

Feb. 21 - Moderation
Feb. 28 - Mercy
March 7 - Kindness

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.**



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.

Auction and Raffle Report

Final Numbers are in and the Morning Star Board would like to thank everyone who contributed in some way to the auction and raffle held at the end of September. Some of you donated beautiful and creative items for our auction, some of you donated currency by purchasing raffle tickets and auction items and a special thanks to B J. Knight for the donation of her lovely oil painting lovingly known as Tanzie. The auction raised \$637.00 and the raffle of Tanzie raised \$1036.00. This enabled Morning Star to share some of this abundance with Meals on Wheels (\$127.23).

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!

Winter Crew

Volunteer Coordinator:
Lew Blockcolski

Setup/Takedown for February is Team #4:

Faith Prout
Ron Jenkins



Financial Report

12/1/09 – 12/31/09

Income:	\$ 3109.00
Expenses:	\$ 1635.00
Net Total:	\$ 1,474.00

We hope to see you soon.

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