



Speakers

April Facilitator:

Grant Lacquement

April 4

Alan Atkinson

"God is Always With Us, and Sometimes I Remember"

Alan Atkinson fancies himself an intellectual on good days and an artist of meager talents on bad days. Every day he is thankful to be the husband of Susan and the father of Owen and Gwyneth. He will share with us some wit and wisdom "Alan Atkinson style" on this Easter morning.

Meditation: Faith Prout

April 11

Debra Garver

"Oneness Blessing: A Vision for The Shift"

As an integral part of the vision for "The Shift", Debra states, "It is our goal throughout 2010 and 2011 to create as many new Blessing Givers as possible – meditating and sharing the Blessing. This naturally results in all of humanity awakening. If we work together, we can help to jump-start the collective engine of human consciousness to create a shared awakening of humanity. It is our intention to build a worldwide community of individuals and groups who are committed to this vision of collective awakening and shift in global consciousness. Also, I will have other Blessing Givers with me who will assist in Blessing attendees.

Meditation: Diane Van Landingham

April 18

Rachel Kastner

"International Volunteer for Thanda After-School in South Africa"

Rachel Kastner is a native Oklahoman with a degree in International and African Studies from OU. In 2009 she lived in KwaZulu-Natal, South Africa and worked with a rural community to address care of orphans of AIDS, malnutrition, health education and poverty. She is currently applying to the Peace Corps and hopes to be involved in innovative and sustainable African Development. Her talk will focus on the history of South Africa in relation to present day poverty and HIV. She will also talk about the work of Thanda After-School with orphans and vulnerable children in South Africa and share from her experience volunteering with these children.

Meditation: Darrel Clark



April 25

Gail Peck

"Labyrinths - A Path to Inner Peace"

Gail Peck graduated from the University of Oklahoma in 1976 with a BA in journalism. She started writing for the Capitol Hill Beacon, a weekly newspaper in south Oklahoma City, at age 14 and has worked for the Oklahoman and Times, Oklahoma Daily, Oklahoma Living Magazine and the Mental Health Association in Oklahoma. Actively involved with statewide Holistic Health Fairs and EarthWind Holistic Center, the Oklahoma City resident incorporated 7 Hawks Publishing Company in September of 1998, and recently published her 3rd book, The Napkin Series, a book of inspirational poetry written on napkins at fast-food restaurants. Gail will share research highlights and informative insights from her recently published book that captures stories from some of the 70 statewide Oklahoma labyrinths with the Morning Star community.

Meditation: Patty Jazzar

May 2

Debi Dunbar Mahoney

"Dream On..."

Ever wonder how your dreams that occur during sleep relate to the dreams you have for your life? Or perhaps why you rarely, if ever, remember your dreams, and if you do remember, you wonder what message you are supposed to be receiving from them.

Our dreams are a way that the Divine connects with us at a deep level to provide direction, comfort and guidance in our lives. Debi Dunbar Mahoney, M.Ed., M.A., is a Life Guide and Group Facilitator in Spiritual Psychology for the With Grace & Ease Spiritual Center. She will be sharing ways in which we can ask Spirit before going to sleep about decisions we need to make, challenges we may be facing, and the next step to take toward our life dreams.

Come learn more about the Spiritual and practical impact dreams can have in your everyday life!

Meditation: Tom Massey

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



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.

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, April 2nd: "Amazing Grace" Civil rights history and good old Christians -The central figure in Amazing Grace is William Wilberforce (1759-1833). He is played by Ioan Gruffudd as the zealous believer in God, human rights activist and British member of Parliament, who battled through discouragement and illness for two decades to end the slave trade in England. In a time of personal crisis, Wilberforce is inspired and encouraged in his long fight to abolish slavery by the former slave ship master, John Newton (Albert Finney), who wrote the beloved hymn "Amazing Grace" following his conversion to Christianity.

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."

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

Come and Enjoy!

Spring Crew

Volunteer Coordinator:
Lew Blockcolski

April Setup/Takedown is Team #2:
Gary Criner
Dylan Oakes
Sara McFall,
Tom Massey

We hope to see you soon.

Sunday Celebration Services 10:00am;
329 S. Peters (Downtown Norman).
Check out our website at:
<http://www.morningstarcenter.org>

