

## Speakers

May 3

Paige Hoster

**"On Dialogue: Embracing The Humanity in Others"**

May Facilitator:

*Faith Prout*

Paige Hoster is a student at the University and Communications Officer for the Xenia Institute (a safe place for engagement that encourages meaningful dialogue and promotes thoughtful action on issues of social justice). Paige will be sharing some of the wisdom of Margaret J Wheatley put forth in her book "Turning to One Another" as she helps us explore the nature of dialogue as well as learn how it can be translated into everyday life.

*Meditation: Madonna Noble*

May 10 *Mother's Day*

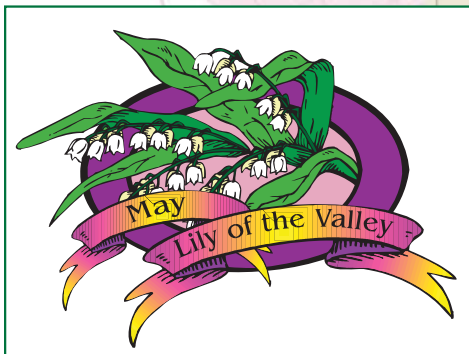
Mary Bruehl

**"Spiritual Care Taking, Who Is Taking Care of Whom?"**

Today, dementia of some kind affects 14% of Americans over the age of 71 and the incidence is rising. Caring for these seniors generally falls to their baby boomer children. Studies indicate that one in four families now take care of an elderly parent. Often the caretakers are women. According to a recent AARP study, 8.7 million American women age 45 or over are caring for both aging parents and growing children. These caretakers are called the sandwich generation. Just as in the children's game tug-of-war they often feel like they are in a battle zone - pulled simultaneous from both sides and stretched to the limit in the middle.

Mary S. Bruehl is a member of this sandwich generation. She works as a court appointed capital defense attorney, is mother to two children, sibling to four brothers and caretaker to her mother who has dementia. Mary will share her journey of taking care of her mother and the impact it has had on her spiritual growth and development.

*Meditation: Katrina Boyd*



May 17

Joe Graham

**"Everyday Dharma"**

Joe Graham, an Okie from Muskogee and graduate of OU, opened the Earth Health Food Store in 1969 after returning to Norman from his 5 year pilgrimage to the West. His life journey has been one of seeking self mastery. This included a stint at the California Institute of Asian Studies (founded by Alan Watts) where he obtained a Masters in Counseling before returning to Norman to launch his massage therapy practice. Joe will share with us how to go about living life today based on the Buddhists teaching of Dharma. With respect to this teaching he says: " *This whole thing is a lot more simple than you think.*" .

*Meditation: Sue Britton Crites*

May 24

Ralph Doty

**"The Kingdom of Heaven."**

Ralph Doty is a professor in the Department of Classics at the University of Oklahoma. For his presentation he will examine some of the parables in the Bible that deal with the topic of the Kingdom of Heaven and relate those to the choices we make as to whether we enter this Kingdom or something less pleasant. Are you ready for a controversial topic that may test you're ability to keep an open mind and hear ideas that may not be ones you espouse?

*Meditation: Ryan Jones*

May 31

Madonna Noble

**"Creating the Life You Love...One Intuitive Hit at a Time"**

Madonna will use a combination of personal stories and Kundalini yoga teachings to describe our intuitive abilities so that we do not have to walk into the future "blind." Think how empowered and leveraged our life would be if we knew what was coming, we fully prepared for it and "mined" our full potential to serve that future. Serving one's destiny is living the life you love in full potential.

*Meditation: Gina McCook*

June 7

Bryan Williams

**"A Glimpse into the Meditating Brain"**

Meditation has served as a traditional Eastern technique to transform consciousness and gain higher insight through the focusing of attention. Some research now suggests that regularly practicing meditation may also benefit health by helping to calm the mind and body. With encouragement from the Dalai Lama, neuroscientists are studying the meditating brain in order to learn more about how it works, how it changes, and how it can promote health. University of New Mexico psychology student Bryan Williams will present a basic overview of their latest findings and discuss their implications for health and the understanding of conscious experience.

*Meditation: Ron Jenkins*



# 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 Lassiter, Susan Atkinson, Licia Iverson, or Dylan Oaks.



## Spiritual Cinema Night

**Friday, May 8<sup>th</sup>: "The Visitor"**

The Visitor is a 2008 American drama film written and directed by Thomas McCarthy. Widowed professor Walter Vale (Richard Jenkins, in an Oscar-nominated role) discovers an immigrant couple, Tarek (Haaz Sleiman) and Zainab (Danai Gurira), squatting in his Manhattan flat and becomes wrapped up in their lives when Tarek is thrown into a detention center. A wonderful Hiam Abbass co-stars as Tarek's mother, who forges an unlikely connection with Walter. The film was named best of the year by the Washington Post and was cited as one of the year's ten best by numerous other publications.

**Friday, June 5<sup>th</sup>: "Happy-go-Lucky"**

Poppy (Sally Hawkins, in a Golden Globe-winning role) is a perpetually cheerful 30-year-old London teacher. When her beloved bike is stolen, she decides to take up driving, and is paired with Scott (Eddie Marsan), an instructor who's her polar opposite. Their relationship is strained until Poppy's bright personality attracts a co-worker, making Scott unexpectedly jealous. Alexis Zegerman and Karina Fernandez co-star in Mike Leigh's effervescent comedy (nominated for a Best Picture Golden Globe).

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](http://www.therapyinmotion.net) and click on "location."

**Come and Enjoy!**

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

## \*Save These Dates:

**JUNE 27** Morning Star Funky Dance and Family Fun Night

**JULY 12** Morning Star Outdoor Party followed by Summer Wind Concert with Wanda Jackson  
**August Auction African Style** — Get those creative juices flowing this summer and create something for the 2nd Annual Morning Star Auction. 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. You'll want to buy lots of raffle tickets to increase your chances for winning this treasure.





# May 17<sup>th</sup>: ALL IN ORDER WORKSHOP WITH CHARLOTTE HAYES

Where: Senior Citizen Center (following Sunday service)

Time: 11:15 - 12:45 p.m.

Do you want to be more organized? If you are not maximizing your time, energy and passion in your home, business or your personal life, you will want to attend and learn:

## *The 7 Steps to Successful Organization*

Join us as we explore the Art (Heart) of Organization with Charlotte Hayes, founder of All In Order, and laugh and learn your way to better organization. Bring your organizing questions and dilemmas. Visit the All in Order website at: [www.all-in-order.org](http://www.all-in-order.org).

## Electronic Prayer Circle

Would you be willing and interested in supporting Morning Stars in need of prayer by being a member of the Electronic Prayer Circle? Here is how it works. Prayer requests placed in the prayer box or submitted online at the Morning Star website will be forwarded to the Prayer Circle members via an email. Each member of the Circle will choose their own time and style of communicating with the Divine and offer prayers based on the needs expressed in the request. There will not be any direct contact between the Committee and those who are making requests. Sign up on Sunday if you are interested in participating in the circle.

## Spring Crew

**Volunteer Coordinator:**  
Lew Blockcolski

**MaySetup/Takedown is Team #3:**

Crystal McGill  
Ian and Shelia Bittle

### Financial Report

03/01/09 - 03/31/09

|            |             |
|------------|-------------|
| Income:    | \$ 2,099.55 |
| Expenses:  | \$ 2,342.90 |
| Net Total: | - \$ 243.35 |



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>

