

Morning Star

Center For Spiritual Living



JUNE ♦ Creating Opportunities for Spiritual Growth & Development ♦ 2009

Speakers

June Facilitator:

Cindy Merrick

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

June 14

Sandy See

"From Baptist to the Beatles, Buddha and Beyond: What I Have Learned So Far"

Drawing from her personal spiritual journey and experiences, Sandy See will discuss the guidance she has found along the way in some unexpected places, including the musical inspiration of The Beatles. Sandy has been meditating for over 20 years and teaching meditation for over 10 years, incorporating many of the things she has learned from different paths along the way.

Meditation: Catherine Bruce

June 21

Ron Jenkins

"Spirit - More Than the Heart of the Matter"

Ron Jenkins is a member of Morning Star and an Okie from Muskogee who came to Norman to go to school at OU in 1966 and never left. Ron will share briefly on the connection between soul and relationships and then get into the meat of his talk on "Spirit" by drawing on experiences from his own spiritual journey along with ideas expressed by Thomas Moore (Care of the Soul) and James Hillman (The Soul's Code).

Meditation: Nancy Daly



June 28

Helen Duchon

“What Shape Are You In?”

Helen Duchon is a graphic designer, newsletter editor (of 3 newsletters), docent at the OU Art Museum, and promoter of the arts extraordinaire. She will synthesize her experiences with art and ideas from work by the anthropologist/artist/author Angeles Arrien (*Signs of Life, The Five Universal Shapes and How to Use Them*) to connect us to some basic principles that can help us focus on: what is most important, most interesting, most boring and our primary core issue in life. A tall order but if anyone can do it, Helen can.

Meditation: Stacy Shoemake

July 5

Jacquelyn Taylor

“Mary Magdalene in the Sophian Tradition”

Jacquelyn Taylor is the Financial Steward and web designer/ webmaster of the Morning Star website. For her presentation she will be sharing some very fascinating perspectives about Mary Magdalene based on teachings put forth by the Sophians (a Christian group connected to the ancient Jewish mystical tradition of Kabbalah). The ideas Jacquie will be sharing are also inspired by author Tau Malachi and will likely offer a different perspective than the one many of us were taught.

Meditation: Sara McFall

✦ **Spiritual Cinema Night**

Friday, June 5th: “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 **7:30 PM*** at Therapy in Motion and will be followed by a discussion facilitated by Katrina Boyd, a film studies professor at OU. Please feel free to bring snacks 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.”

* *Note the time change for summer....*

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

Come and Enjoy!



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.

Morning Star Special Event:

JUNE 27 Morning Star Contra/Rock Dance and Family Fun Night

When: Saturday, June 27th

Where: Senior Citizen Center

What Time: 7 p.m. - 9 "ish"

What's Happening: Join us for an eclectic evening of fun and dancing. We'll alternate between 2 sets of contra dancing (not to worry - our caller will teach us) and 2 sets of rock music. In addition - we'll have special games and activities downstairs for the children (although they are welcome and encouraged to spend some time upstairs kicking up their heels and having fun with the "dancers" as well. Bring snacks/desserts to share!

Upcoming Event:

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 changes for winning this treasure.





See You on Facebook!

Your Morning Star Board feels that keeping the organization's Facebook Group closed will better protect our community from unwanted solicitations by outfits trying to sell things/scammers/phishers/etc...

It's very easy to join the Morning Star Facebook Group. By contacting Jacquie first, we'll know we are allowing individuals to join the group who actually are a part of the Morning Star Community. Jacquie's instructions are as follows:

1. Look up my name on facebook [<http://www.facebook.com/>] (Jacquelyn J. Taylor) and message me you would like to be added to the Morning Star Facebook Group.
2. Then go to the Morning Star Facebook page (just do a search on it) and click on the request to be added to the Morning Star Facebook Group.
3. I will then add you to the Morning Star Facebook Group.



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.



Kay Willinger
Faith Prout
Ron Jenkins



Financial Report

04/01/09 - 04/31/09

Income:	\$ 2,069.24
Expenses:	\$ 1,719.18
Net Total:	\$ 350.00

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>

