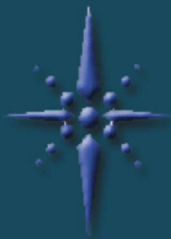


MORNING

CENTER FOR SPIRITUAL LIVING



STAR

APRIL ✦ Creating Opportunities for Spiritual Growth & Development ✦ 2011

SPEAKERS

APRIL 3

JOAN KORENBLIT

“MANY WAYS TO SHOW RESPECT FOR DIVERSITY”

Joan Korenblit is Co-Founder and Executive Director of the Respect Diversity Foundation. She teaches art and writing workshops for students of all ages and believes that through writing students develop an understanding and respect for diversity. Joan is also Co-Founder of the national Young Writer's Contest Foundation (YWCF), a non-profit, tax-exempt educational organization created with the purpose of inspiring students to write. Not only does she inspire young writers, but she has personally published numerous books (e.g., *Language Arts Through Writing, Teacher Guide, Good Cooking From India, Knowing Beans About Coffee, Writings by Our Children*). For years Joan showcased children's writings in her "Writings by Our Children" newspaper column. Joan was recently awarded the Interfaith Alliance Harley Venters Humanitarian Award, 2010 (a shared honor with Michael Korenblit). For her presentation she will provide some direction and suggestions to assist the Morning Star community in exploring and demonstrating a respect for diversity.

MEDITATION: KAREN CHAPMAN

APRIL 10

SUZ OGDEN

“AWARENESS IS CURATIVE”

In her celebration of Life, SuZ Ogden travels the world sharing her gift as a vivacious speaker/singer/songwriter whose spirit weaves through her message and her music. Her experience with blues, folk, country, gospel, and honky-tonk music has evolved to create a sound she calls "Angeltonk." Live or recorded, SuZ's music is inspirational, moving, and top-notch. She has been featured on both radio and television throughout the United States, as well as in Moscow, Russia and Kiev, Ukraine. Her travels illustrate how music is truly the web for Peace on Earth because, "there are only seven notes and twelve sounds, and they translate the same in every language." At Morning Star SuZ will weave her musical gifts with enlightening ideas to teach us about the curative nature of awareness.

MEDITATION: RICHARD AUER

✦ SPEAKERS (CONTINUED)

APRIL 17

JANICE DOLECHEK AND ALICIA CURTIS

“THE SILVA METHOD, HOW IT CAN AND WILL CHANGE YOUR LIFE FOR THE BETTER”

A Senior Leadership Training Consultant, Life Coach, Counselor, and Certified Instructor since 1979 of the world renowned Silva Method of Mind Development and Stress Control, Alicia Curtis holds a Masters Degree in Counseling Psychology. Alicia has received numerous awards from Silva International including Top Instructor in the United States. Janie Dolechek became a Certified Silva Method Instructor in 1980 and has a B.S. in Physical Education. She also has received numerous awards from Silva International including Outstanding United States Organizer. Both Alicia and Jamie have had training in Hypnosis, Gestalt Therapy, Effectiveness Training, and the Quadrinity Process. With scores of television and radio show appearances over the last 20 years, Alicia and Janie are the inspirational force behind thousands of individuals and successful professionals. We are fortunate to have them both share with us some of the highlights of the Silva Method, a system of dynamic meditation that offers practical formulas for solving problems and getting more out of life.

MEDITATION: PATTY JAZZAR

APRIL 24

TOM MILLER, JONI MCSPADDEN, MIRANDA ARANA,
AND STEVE VANLANDINGHAM

“EASTER CELEBRATION WITH A COMMUNITY DANCE”

Tom Miller and Joni McSpadden met while dancing and their world has been spinning ever since. Tom is an all-around dancer, with International Folk Dance, Scottish, English and contra dancing to his credit. Joni serves on the Scissortail Traditional Dance Society board and attempts some sort of organization within the dance community. Miranda Arana also plays an important role as a dancer and a talented musician. Steve Vanlandingham has been playing Old Time and Irish music in Oklahoma all his adult life, and has been an enthusiastic player for dances over the past few years. Join them and their dancing friends to share and discover The Transformative Nature of Community Dance.

MEDITATION: TERRI MCGEE

✦ MORNING STAR'S SPIRITUAL WOMAN'S GROUP

APRIL 17TH

SUNDAY 7-9 P.M.

8301 E. ROCK CREEK ROAD

QUESTIONS CALL OR E-MAIL CHARLOTTE HAYES

321-4247 - charlotte.hayes@sbcglobal.net

SPIRITUAL CINEMA NIGHT

FRIDAY, APRIL 1

***Life is Beautiful/La vita è bella* (Roberto Benigni, 1997)**

In this poignant tragicomedy, a clever Jewish Italian waiter named Guido (Roberto Benigni, who also directs and won an Oscar for his role) is sent to a Nazi concentration camp during World War II, along with his wife (Nicoletta Braschi) and their young son (Giorgio Cantarini). Refusing to give up hope, Guido tries to protect his son's innocence by pretending that their imprisonment is an elaborate game, with the grand prize being a tank.

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". Come and Enjoy!

Katrina Boyd
University of Oklahoma
Film and Video Studies

MORNING STAR CHILDREN'S PROGRAM

The Morning Star Children's program begins at 10 AM each Sunday and takes place in the basement of the Senior Center. Doors open at 9:45. It is a place for children to spend time together playing games, doing arts and crafts, and being exposed to stories and books with themes such as virtuous actions, forgiveness, compassion, mindfulness, etc. If you would like more information regarding the children's program please see Abby Lassiter, Susan Atkinson or Dylan Oaks.

WAYS TO GIVE BACK

CHANGE JAR

The Morning Star Change Jar effort for the Pennies for Peace Project was so successful we have decided to continue the practice. We will share this abundance with worthy organizations in need.

✧ IN SEARCH OF SACRED SITES

Grant Lacquement is chairing a committee that is researching and will create an informal guide to sacred places in our area. If you would like to help or know of any such sites please email him at:

lintegritas@gmail.com

Hope you can join us!

✧ APRIL NOTES

SET-UP TEAM #2:

Dylan Oakes

Sara McFall

Tom Massey

SERVICE FACILITATOR:

Grant Lacquement

FINANCIAL

02/01/11 – 02/28/11

Beginning Balance:	\$10859.53
Total Inflows:	\$ 2342.84
Total Outflows:	\$ 2106.06
Gain:	\$ 236.78
Ending Balance:	\$11096.31

MAY 1



MINH MARK

“REIKI – USING ANCIENT TIBETAN WISDOM TO TAP INTO
OUR SPIRITUAL LIFE FORCE ENERGY”

Minh Mark, a yoga and acupressure instructor and Reiki Master/Teacher, has been practicing Reiki since 1993. Reiki derives from the Japanese kanji. “Rei” means soul or spirit. “Ki” means life force energy. It can be translated as “spiritual life force energy,” a laying on hands practice. Reiki is passed on from one person to another by a series of attunements. It is a ritual of empowerment performed by a Reiki master and can involve distant healing as well. (This is much like sending love, healing thoughts and prayers to those in need.) Minh says, “Giving and receiving Reiki is a way to remind ourselves and others to tap into the well spring that is available to all of us. When we take the time to be, to receive, to listen with our hands and our whole being--unconditionally and without judgment--we witness the grace of Reiki at work. She will share some of this ancient Tibetan wisdom with our Morning Star Community.

MEDITATION: KATRINA BOYD

As Once the Winged Energy of Delight

As once the winged energy of delight
carried you over childhood's dark abysses,
now beyond your own life build the great
arch of unimagined bridges.

Wonders happen if we can succeed
in passing through the harshest danger;
but only in a bright and purely granted
achievement can we realize the wonder.

To work with Things in the indescribable
relationship is not too hard for us;
the pattern grows more intricate and subtle,
and being swept along is not enough.

Take your practiced powers and stretch them out
until they span the chasm between two
contradictions...For the god
wants to know himself in you.

-- Rainer Maria Rilke