



MAY ✦ Creating Opportunities for Spiritual Growth & Development ✦ 2011

 SPEAKERS

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

MAY 8

MORNING STAR COMMUNITY SPEAKERS

“BLESSINGS FROM MOTHERS”

This is a special Mother’s Day celebration in which members of the Morning Star Community will help us celebrate all Mothers by sharing favorite stories, memories, poetry, music, etc., of mothers they have known and loved.

MEDITATION: GARY CRINER

MAY 15

IVY NORRIS

“THINKING TOO MUCH MAKES US THOUGHTLESS”

A motivating interfaith perspective of *what can be* produced when we practice quieting the mind. Specifically, how the *still mind* can lead us to the *present moment* and the *open heart*. Life then becomes even richer. Ivy Norris is a teacher, counselor, interfaith minister, and Vice President of the School of Metaphysics. The School of Metaphysics has been teaching how to live within the Universal Laws of Creation and how to develop the mind towards personal excellence for over 40 years. SOM centers are in 16 major cities throughout the Midwest, and there is worldwide influence through correspondence classes, books, and presentations.

MEDITATION: GRANT LACQUEMENT

SPEAKERS (CONTINUED)

MAY 22

LARRY BIERMAN

“3-D ATTITUDES”

Larry Bierman was born in Oklahoma City in 1945, and is a third-generation Oklahoman. His great grandparents were Mennonites who made the run into the Sax and Fox opening in 1892 --settling near Chandler. Larry graduated from the University of Oklahoma with a BA in English in 1974 and followed that experience by completing a teaching internship at Norman High and working with the Oklahoma Arts Council as a Poet-in-the-Schools. In 2007 he completed the paralegal program at the University of Oklahoma Law School and for the past 6 years has been working as a Deputy Court Clerk in Cleveland County. Some of Larry's community commitments include serving on the Board of the Cleveland County Historical Society, participating in the Community Development Block Grant Program for Norman, and being an active member and congregational president of the Norman Unitarian Universalist Fellowship. With all these irons in the fire it is hard to imagine, but Larry has also published books of poetry including: *About There, This*, and *Two Books: Shake My Faith, Kiss This, & So Longing Goes On*. With respect to his talk Larry says: “3-D Attitudes is a takeoff on the Beatitudes in Matthew, though my talk does not take Matthew as a direct resource, rather I take the little classic *Flatland* by Edwin A. Abbott to explain about vision, ways of seeing, and the advantages of multiple points of view”.

MEDITATION: CATHY BLOYE

MAY 29

ALAN ATKINSON

“MY NAME IS NOT EARL: LIVING THE 10 PERFECTIONS IN THE REAL WORLD . . . OR AT LEAST TRYING TO”

Alan Atkinson is a local artist, art historian, husband, parent, and Boy Scout leader. His liberal views on spiritual practice and his skepticism of mystic poop are both hereditary. His maternal grandfather was a member of the Universalist Church of America and his father was a chemist. Is it any wonder that the practical guidelines for spiritual growth and development espoused by various schools of Buddhism form the core of his own spiritual practice? Alan's talk, “My name is not Earl: Living the 10 perfections in the real world . . . or at least trying to” will examine Buddhism's ten “Paramis”--also known as the “ten practices leading to enlightenment”--in the context of everyday living. The ten perfections are in essence beneficial exercises that anyone can do at any time in order to build up their spiritual muscles.

MEDITATION: JACQUIE TAYLOR

MORNING STAR'S SPIRITUAL WOMAN'S GROUP

MAY 19TH

MONDAY 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, MAY 6TH

***Eat Pray Love* (Ryan Murphy, 2010)**

Julia Roberts stars in this adaptation of Elizabeth Gilbert's best-selling memoir about coping with a depressing divorce. After deciding to reshape her life, Liz (Roberts) travels the world in search of direction. She heads to Italy, India and Bali, indulging in delicious cuisine while seeking the true meaning of self-love, family, friendship and forgiveness. Along the way, she meets a bevy of characters and, possibly, her true love. (Review by Netflix)

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, Angela Cejda or Margaret Cejda.

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!

MAY NOTES

SET-UP TEAM #3:

Ian and Sheila Bittle
Gary Criner

SERVICE FACILITATOR:

Paul Maenza

FINANCIAL

03/01/11 – 03/31/11

Beginning Balance:	\$11166.31
Total Inflows:	\$ 1199.88
Total Outflows:	\$ 1205.00
Loss:	\$ -5.12
Ending Balance:	\$11161.19

JUNE 5



JOHN BLAKE

“HOW HAPPINESS HAPPENS”

John Blake is no stranger to Morning Star. An Oklahoma native from Pauls Valley, he has shared his messages with us over the years. A member of the legal profession for more than 35 years, his spiritual journey has been as eclectic and varied as his legal experiences in and out of court. John will be exploring the ever-relevant topic of happiness. Drawing on such diverse references as the Declaration of Independence, the Bible, the Sutras, and the Big Book. John invites you to a fresh but familiar look at a topic always near and dear to our hearts. Join us. You'll be glad you did.

MEDITATION: RON JENKINS



“Spring is like a perhaps hand
(which comes carefully
out of Nowhere) arranging
a window, into which people look (while
people stare
arranging and changing placing
carefully there a strange
thing and a known thing here) and
changing everything carefully

spring is like a perhaps
Hand in a window
(carefully to
and fro moving New and
Old things, while
people stare carefully
moving a perhaps
fraction of flower here placing
an inch of air there) and

without breaking anything.”

- E. E. Cummings, “Spring Is Like a Perhaps Hand”