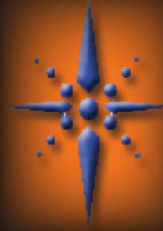


MORNING

CENTER FOR SPIRITUAL LIVING



STAR

OCTOBER ♦ Creating Opportunities for Spiritual Growth & Development ♦ 2011

SPEAKERS

OCTOBER 2

“JOURNEY OF THE BODY, MIND, AND SPIRIT”

SUSAN SHARP

Susan Sharp made a decision in late 1981 to put her life on a completely different track. Little did she know the places that decision would take her or how Body, Mind and Spirit would become intrinsically linked in the process. She invites you to follow her on that journey. Susan is the L. J. Semrod Presidential Professor of Sociology and Women’s and Gender Studies as well as the mother of three and grandmother of four wonderful people.

MEDITATION: MARY BRUEHL



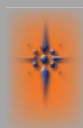
OCTOBER 9

“WALKING TOWARD YOUR VISION QUEST”

B. J. KNIGHT

B.J. will draw from her experiences in preparing for a Native American Vision Quest to share how it symbolizes the steps we all take in walking toward a personal vision. She will explain the importance of developing a circle of friends who support and nurture us along the way, as well as rituals that add meaning to the journey. B.J. is a minister, artist, and spiritual teacher who inspires through captivating stories and her joyous sense of humor. She is a long time member of the Morning Star community.

MEDITATION: JACQUIE TAYLOR



SPEAKERS (CONTINUED)

OCTOBER 16

DR. GEORGE HENDERSON

“RACE AND THE UNIVERSITY: A MEMOIR”

In 1967, Dr. George Henderson, the third African-American to join the O.U. faculty, ultimately became the dean of the College of Liberal Studies, making him the first African American at the University of Oklahoma to create a degree-granting college on the Norman campus. He became a Sylvan N. Goldman Prof., David Ross Boyd, Prof., Regents' Prof., and Kerr-McGee Prof. of Human Relations, Education and Sociology.

As a civil rights pioneer he achieved many distinguished awards and honors, and as a civil rights scholar and lecturer, he has been a prolific writer and speaker including 34 books and presenter at conferences nationwide. In 2011, he received the Outstanding Book on Oklahoma History Award for his book *Race and the University: A Memoir*, upon which his talk is based.

He will describe the significance of dreams and dreamers during OU's civil rights movement in the 1960s, 70's, and 80's.

MEDITATION: SACRA NICHOLS



OCTOBER 23

SUZ OGDEN

“THERE IS NO “NO” IN THE MIND OF GOD”

Everything is an answer to the prayers and thoughts we have all day long, and we each possess the power to change our lives by consciously changing the repetitive thoughts that occupy our mind. Dr. SuZ Ogden, is minister of music for United Life Church in Oklahoma City. She has drawn from her experience with blues, folk, country, gospel, and honky-tonk music to create what she calls AngelTonk. She has traveled the world with such notable people as Deepak Chopra, Mark Victor Hansen, Marianne Williamson, Wayne Dyer, Barbara DeAngelis, John Gray and others working for the enlightenment of planet earth and its people. She has been featured on both radio and television throughout the United States and in Eastern Europe. During her foreign travels she experienced how music truly is the web for Peace on Earth. Thus SuZ says, “There are only seven notes and twelve sounds, and they all translate the same in every language.”

MEDITATION: SARA MCFALL

SPEAKERS (CONTINUED)

OCTOBER 30

PERLA GOODY

“SPIRITS...GOOD, BAD, AND UGLY”

This is an appropriate topic for the eve of Halloween about how an experience with the Divine can be both exhilarating and scary. Perla was number 17 of 18 children born in Johnstown, PA. Her mother and father were immigrants from Monterey, Mexico. She and her husband, Sam, live in Pauls Valley and have one daughter. She has always loved helping people in need, working as a volunteer in nursing homes, at schools, and in juvenile prisons and hospitals. Perla is a former pastor to a congregation of Hispanic immigrants and Caucasians...all of which were in need or suffered problems. She is currently involved in mission work in Rio Bravo, Mexico, and Guatemala.

MEDITATION: GRANT LACQUEMONT

MORNING STAR FALL COOKOUT

COME JOIN US TO PLAY, EAT, AND SING AROUND THE CAMPFIRE!

When: Saturday October 22nd at 6:30

**Where: Home of Greg and Charlotte Hayes
8301 East Rock Creek Road**

Hot dogs, veggie chili, marshmallows, coffee, tea, hot chocolate, & soft drink will be provided. Bring along your favorite pot luck dish, musical instruments (guitar, drum, flute, etc.)

Questions??? Call Greg or Charlotte at 321-4247

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.

SPIRITUAL CINEMA NIGHT

Friday, October 7th - *Defending Your Life* (Albert Brooks, 1991) 112 min.

After Daniel Miller crashes his BMW convertible into a bus, he's transported to "Judgment City," where he meets the love of his life, Julia (Meryl Streep). Unfortunately, Daniel needs to defend his life on Earth before he can ascend to heaven with Julia. He frantically attempts to explain the positive things he's accomplished, but soon realizes that Julia may be too good for him. Rated PG (Review by Netflix).

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'S WOMEN'S SPIRITUAL GROUP

OCTOBER 11TH
TUESDAY 7-9 PM

8301 E. ROCK CREEK ROAD

QUESTIONS? CALL OR E-MAIL CHARLOTTE HAYES

321-4247 - charlotte.hayes@sbcglobal.net

Hope you can join us!

MORNING STAR CHILDREN'S PROGRAM

The Morning Star Children's program begins at 10 AM each Sunday. Doors open at 9:45 AM. 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 or Margaret Cejda.

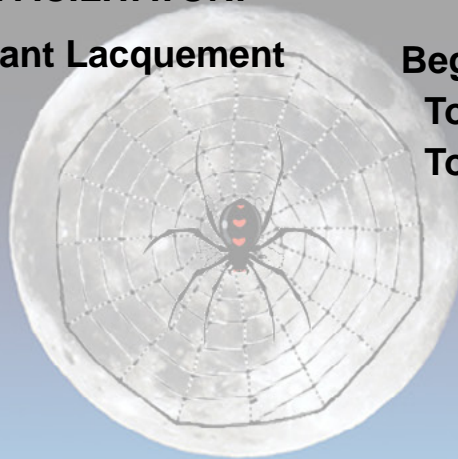
SEPTEMBER NOTES

SET-UP TEAM #4:

Faith Prout
Ron Jenkins
Chris Higby

SERVICE FACILITATOR:

Grant Lacquement



FINANCIAL

08/01/11 – 08/31/11

Beginning Balance:	\$10737.93
Total Inflows:	\$ 1175.33
Total Outflows:	\$ 1451.00
Accounting	100.00
Childcare	175.00
Honorarium	400.00
Music	320.00
Rent	400.00
PO Box Fee	56.00
Ending Balance:	\$11171.36



NOVEMBER 6

MIRANDA ARANA

“EXPLORING THE SELF THROUGH JOURNEYS TO OTHER WORLDS.”

Miranda has been revisiting her past to find treasures that are still revealing themselves. She began an exploration into life-changing experiences that took place when she was 17 years old living in a remote village in the Philippines as the girlfriend of a Peace Corps volunteer. She plans to return to this place that still lives on within her and either write a book about the journey back, or make a documentary...or perhaps both! The intention of her talk will be to share her progress on the project. Miranda is an accomplished musician who spent her early years traveling, working and living in Southeast Asia, with her trusty flute in tow. She and Steve Vanlandingham currently play Arabic and Irish music as the ensemble known as Arabesque in Norman. She also teaches world music at the University of Oklahoma and authored the book: “Nontraditional Music in Vietnam.”

MEDITATION: TO BE ANNOUNCED

ALL HALLOWS NIGHT

BY LIZETTE WOODWORTH REESE

TWO THINGS I DID ON HALLOWS NIGHT:—
MADE MY HOUSE APRIL-CLEAR;
LEFT OPEN WIDE MY DOOR
TO THE GHOSTS OF THE YEAR.

THEN ONE CAME IN. ACROSS THE ROOM
IT STOOD UP LONG AND FAIR—
THE GHOST THAT WAS MYSELF—
AND GAVE ME STARE FOR STARE.

