

MORNING



STAR

CENTER FOR SPIRITUAL LIVING

JANUARY ♦ Creating Opportunities for Spiritual Growth & Development ♦ 2012

SPEAKERS

JANUARY 1

“CLARIFY AND RELEASE”

Come join us as we clear out the old to make way for the new by participating in special centers for clarification and purification. We will complete the process with our annual Burning Bowl Ceremony. There won't be a children's program this week, but children are welcome to join in the special program upstairs.

MEDITATION: SPECIAL SERVICE

JANUARY 8

RICHARD AND KATE HAAS

“WE'RE ALL KARMA YOGIS - WORK AND RELATIONSHIP AS A SPIRITUAL PATH”

Richard and Kate Haas are parents of Oliver and owners of the Earth Natural Food and the Earth Café and Deli on Campus corner. They met in 1997 when they were both students at OU but dropped out of college--everyone knows all you need is love! They hitchhiked to the West to find their path and amazingly that path led them back to Norman. Today they seek to find the sacred in their everyday life. They will provide us with insights through their sharing so that we too can work toward living in this integrated and connected way.

MEDITATION: CHRIS HIGBY

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✦ SPEAKERS (CONTINUED)

JANUARY 15

STEVE VANLANDINGHAM

“EXPERIENCES IN THE INVISIBLE WORLD - THE SPIRITUALITY OF MUSIC”

Steve Vanlandingham grew up in Oklahoma and began playing the guitar in college, learning the blues and ragtime styles of music. He took up the 5-string banjo, inspired by the music of the Appalachian Mountains, and learned the claw-hammer styles of Uncle Dave Macon, Grandpa Jones and others. Steve also traced the roots of American Traditional music to Ireland and deeply immersed himself in Celtic music on a variety of string instruments. Along the way he studied archeology and received a BA from the University of Oklahoma in 1978. He started a folk/Irish band in 1980 and a second band in 2004 with Miranda Arana. Steve plays guitar, bouzouki, mandolin, banjo, 'ud, and various percussion instruments. He will guide us in a journey into the invisible world that is all around us with insights from world spiritual traditions and the great poets. He will also give a short talk and add a musical meditation along with his fellow musicians Miranda Arana and Shanda McDonald. Together the three will create a refuge for the heart and soul in the invisible richness of the present.

MEDITATION: RYAN JONES

JANUARY 22

HEATHER BURNS

“MUSIC, ART, AND DANCE RITUALS OF SANTERIA/LUCUMI”

Heather Burns has a master's degree in cultural anthropology and a background in music and dance. She trained in Cuba with Cutumba Ballet Folklorico and danced with folkloric ensembles in Los Angeles over the course of several years. As her title suggests, she will be sharing her talents with us by focusing on the gifts brought forth through Santeria/Lucumi--a syncretistic religion of Caribbean origin.

MEDITATION: ALLY RICHARDSON

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SPEAKERS (CONTINUED)

JANUARY 29

LUCIANA SIMMONS

“INTRODUCTION TO THE ROSICRUCIAN ORDER, AMORC”

Luciana has worked as a CPA in Oklahoma City and loves to cook, travel and read. She has been a member of the Rosicrucian Order, AMORC since 2000, and has served as Grand Councilor for AMORC in Oklahoma since 2009. AMORC is a school of learning offering a system of study that enables people to develop their full personal potential. The studies include such topics as healing, psychology, science, philosophy, psychic development, much bigger picture of the Rosicrucians in her presentation.

MEDITATION: TONI CAMERON

MORNING STAR'S AUDACIOUS FIVE PRACTICES

At the fall Board Retreat five practices described by Robert Schnase were explored and adopted as a guide for the board and our Morning Star community. You're invited to join us in our expanded ways of being with each other and we encourage you to explore ways to implement and incorporate these practices with us and in your daily life.

THE FIVE PRACTICES

RADICAL HOSPITALITY

PASSIONATE WORSHIP

INTENTIONAL FAITH DEVELOPMENT

RISK-TAKING MISSION AND SERVICE

EXTRAVAGANT GENEROSITY

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SPIRITUAL CINEMA NIGHT

Friday, January 20th

***The Diving Bell and the Butterfly* (Julian Schnabel, 2007) PG-13, 112 min.**

Mathieu Amalric stars as author and Elle magazine editor Jean-Dominique Bauby--who suffered a stroke in 1995 that rendered him mute and completely paralyzed--in this adaptation of Bauby's autobiography, which he dictated by blinking his left eye. Julian Schnabel was nominated for the 2008 Best Director Oscar (and won the Golden Globe in the same category) for his poignant docudrama about the strength of the human spirit. 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

P.S. No Spiritual Cinema Night in February – we'll resume March 2nd with the film *Wake Up!*

MORNING STAR WOMEN'S SPIRITUAL GROUP

JANUARY 8TH

SUNDAY, 7:00 PM - 9:00 PM

8301 E. ROCK CREEK RD

QUESTIONS? CALL OR E-MAIL CHARLOTTE HAYES

321-4247 - CHARLOTTE.HAYES@SBCGLOBAL.NET

✦ 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 this practice. We will share this abundance with worthy organizations in need.

Thank You Morning Stars!!!! for your Extravagant Generosity during the Holiday Season. Your donations brought much joy to a number of deserving families in Norman.

✦ MORNING STAR CHILDREN'S PROGRAM

The Morning Star Children's program begins at 10 AM each Sunday. 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, Shannon Reynolds, or Sacra Nicholas.

✦ JANUARY NOTES

SET-UP TEAM #3:

Steve Todd
Diane VanLandingham

SERVICE FACILITATOR:

Sara McFall

FINANCIAL

11/01/11 – 11/30/11

Beginning Balance: \$10015.01

TOTAL INFLOWS: \$ 2173.45

TOTAL OUTFLOWS: \$ 1357.35

Accounting 100.00

Childcare 205.00

Honorarium 400.00

Meals & Entertainment 42.35

Music 210.00

Rent 400.00

ENDING BALANCE: \$10831.11



NOTE

The Morning Star Board has designated the month of February as Relationship Month. Our presenters will explore many facets of this topic each week with the goal of helping each of us develop greater understanding that leads to satisfying, rewarding and deeper connections ourselves and others. To help support the learning offered during the Sunday service some of the presentations will have bag lunch workshops following the morning talk.

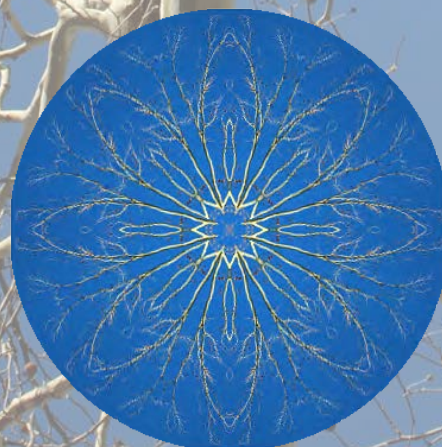
FEBRUARY 5

SPEAKER TBA

“THE 5 LOVE LANGUAGES –LEARNING HOW TO “SPEAK” SO YOU AND OTHERS FEEL LOVED”

When we think of love languages, our immediate thought may be of romantic relationships; however, we express love and affection in a variety of contexts and types of relationships. After many years of counseling, Dr. Gary Chapman noticed a pattern: Everyone he had ever counseled had a “love language,” a primary way of expressing and interpreting love. Of the countless ways we can show love to one another, five key categories, or five love languages, proved to be universal and comprehensive. You’ll have the opportunity to identify the love language you speak and learn how you can use this understanding to add a little more love into the world.

MEDITATION: TBA



WE ARE AN OPEN AND LOVING COMMUNITY.
HOPE YOU CAN JOIN US!