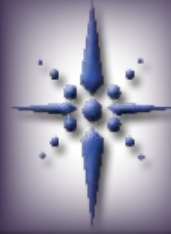


MORNING

STAR



CENTER FOR SPIRITUAL LIVING

FEBRUARY ✦ Creating Opportunities for Spiritual Growth & Development ✦ 2012

✦ SPEAKERS

FEBRUARY 5

REUEL HUNT AND JUDITH EVANS

“THE POWER OF LISTENING IN RELATIONSHIPS”

Reuel Hunt is the founder of Coaching Kids, Inc. (CKI), a Denver-based life coach training organization dedicated to empowering youth and parents, and those who work with youth, through co-active life coaching. CKI was founded in 2001 as a 501(c)3 non-profit organization. CKI's current mission is focused on life coach training in the Denver Women's Prison and Colorado State University.

Judith Evans is the Director of Life On Purpose (LOP), the Oklahoma division of Coaching Kids. LOP currently focuses on training for women in Mabel Bassett prison and University of Oklahoma Education faculty. In the near future, they will expand into Department of Corrections re-entry and diversion programs.

Co-Active Life Coaching provides deep listening, powerful questions, and support to move people forward in their lives. The client is held to be naturally creative, resourceful and whole. Life Coaching is transformational. Reuel and Judith will demonstrate how deep levels of listening and asking powerful questions create harmonious, conscious, alive relationships in every facet of your life. Be prepared to participate in fun, experiential exercises that will transform the way you interact with everyone in your life!

MEDITATION: MARY BRUEHL

SPEAKERS (CONTINUED)

FEBRUARY 12

DEBI BOCAR

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

Debi Leslie Bocar, RN, PhD has been working with childbearing families for more than 35 years. She has incorporated the Five Love Languages by Dr. Gary Chapman in parenting classes and coaching individuals and organizations. Her current research interest is collecting data from mothers who have Asperger’s symptoms. Debi will give an overview of the work of Dr. Chapman in order to help us learn how we can connect with others and express love and affection in a variety of contexts and through a variety of types of relationships. Her presentation will be interactive so you will have the opportunity to identify the love language you speak and also learn how you can use information to receive and give more love in your life. Following the presentation stay and enjoy delicious Valentine desserts! (See details below.)

MEDITATION: RON JENKINS

VALENTINE DECADENT DESSERTS TO DELIGHT

FEBRUARY 12

Everyone is invited to stay after the service on February 12th to taste some delicious treats and take the opportunity to get to know each other better (Radical Hospitality). Our special Valentine service will inspire us to Eat, Pray, and Love and some might say we’re saving the best for last: The “Eat” part. Special desserts are being provided by the community and we encourage you to invite family and friends to come celebrate with us on this special day. Members of the community who love to bake are encouraged to offer their gifts by providing something red or chocolate. Sacra Nicholas is coordinating the desserts so please let her know if you are planning to contribute. Hope to see everyone on the 12th!

SPEAKERS (CONTINUED)

FEBRUARY 19

SACRA NICHOLAS

“IMPROVING RELATIONSHIPS BY BETTER UNDERSTANDING MEN AND WOMEN”

Sacra Nicholas has many interests including a desire to help develop and promote congenial and loving relationships between and among all humanity. She will share some of the wisdom expressed in the Celebrating Men, Satisfying Women work created by Alison Armstrong, a researcher and national workshop provider who has discovered new ways for men and women to relate to each other through a profound understanding of their fundamental differences. Dr. Armstrong says “By expecting our differences and working with them, we can indeed learn to trust each other, support each other and achieve satisfying relationships.” Sacra will share some of the highlights and examples of Dr. Armstrong’s work in hopes of inspiring more compassion and a willingness for each of us to connect and honor those of our own sex and those of the opposite sex in new and more empowering ways.

MEDITATION: LESLIE DRAPER

FEBRUARY 26

M. SUSAN SAVAGE

“INTERNATIONAL LEADERSHIP FROM OKLAHOMA TO THE WORLD THROUGH EDUCATION, SERVICE AND SPIRITUALITY”

Susan Savage is a native Tulsan who has served as Tulsa’s first woman and most tenured mayor. Her service as mayor ended in 2002, after which she was appointed as Oklahoma’s Secretary of State by Governor Brad Henry from 2003 until January of 2011. Ms. Savage has been recognized locally, statewide and nationally as a leader in international relations, human relations and for her effectiveness in delivering government services. As mayor, she appointed more women and minorities to city boards, authorities and commissions than at any other time in Tulsa’s history. She sponsored community-wide prayer services and blood drives in partnership with Tulsa’s interfaith community following the Murrah bombing and 9/11 tragedies. In partnership with Attorney General Drew Edmondson and the Say No to Hate Coalition, Ms. Savage co-sponsored a Unity Rally during the KKK’s effort to divide Tulsans, and she stood with other leaders at the 75th and 80th commemorations of Tulsa’s 1921 Race Riots to publicly apologize to victims of that atrocity.

Ms. Savage service includes decades of appointments to community and civic boards and dozens of awards but probably the most pride and joy in her life come from being the mother of two exceptional young women, a terrific son-in-law, and a granddaughter, Madelyne Rose Hutton. She currently resides in Oklahoma City and teaches at the University of Oklahoma’s College of International Studies.

For her presentation at Morning Star Ms. Savage will address why a focus on international relations is so important and how Oklahoma is engaged in this endeavor. She will also speak about the extraordinary young people with whom she is currently working, their aspirations and what the University of Oklahoma is doing to create opportunities to support these and others associated with the University.

MEDITATION: KATRINA BOYD

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

SPIRITUAL CINEMA NIGHT

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

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

✦ 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.

✦ FEBRUARY NOTES

SET-UP TEAM #4:

Faith Prout
Ron Jenkins
Chris Higby

SERVICE FACILITATOR:

Margaret Cejda

FINANCIAL

12/01/11 – 12/31/11

Beginning Balance: \$10831.11

TOTAL INFLOWS: \$ 2454.75

TOTAL OUTFLOWS: \$ 1294.52

Accounting 100.00

Childcare 155.00

Honorarium 300.00

Meals & Entertainment 69.52

Music 270.00

Rent 400.00

ENDING BALANCE: \$11991.34

NEW BOARD MEMBERS:

Marilyn Higgins and Paul Maenza

OUTGOING BOARD MEMBERS:

Margaret Cejda and Ron Jenkins

MORNING STAR WOMEN'S SPIRITUAL GROUP

FEBRUARY 8TH

TUESDAY, 7:00 PM - 9:00 PM

8301 E. ROCK CREEK RD

QUESTIONS? CALL OR E-MAIL CHARLOTTE HAYES

321-4247 - CHARLOTTE.HAYES@SBCGLOBAL.NET



MARCH 4

NATASHA RICE

“ENRICHING ONE’S LIFE LEADS TO ENRICHING ONE’S COMMUNITY”

Natasha Rice co-owns Sandalwood and Sage--an eclectic New Age, hippie kind of store on Main Street in downtown Norman--with her partner Debra Clark. Ms. Rice has traditional roots in Oklahoma but traveled all over the world with her family as a child and through these global experiences she came to embrace an inclusive way of living that supports cultural and spiritual diversity. Although she graduated from OSU with BS and Masters degrees in horticulture she says she has never worked in the field but enjoys applying her knowledge to gardening. After living out of state for many years Natasha returned to Oklahoma to reconnect with her family and open a shop on Campus Corner. She will share about her life journey and hopefully tell us a little bit about the sound healing concert featuring Paradiso and Rasamayi being hosted by Sandwood and Sage in mid March.

MEDITATION: MARGARET CEJDA

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

OUR SERVICES ARE HELD ON SUNDAYS FROM 10:00AM TO 11:00AM. WE ARE LOCATED AT THE SENIOR CITIZENS CENTER, 329 S. PETERS, NORMAN, OK. PLEASE ENTER ON THE PARKING LOT (EAST) SIDE OF THE BUILDING.

VISIT OUR WEBSITE AT WWW.MORNINGSTARCENTER.ORG



FIND US ON FACEBOOK!