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Living a Life That Matters: What To Do with the Rest of Your Life

10th anniversary of the bombing of the Alfred P. Murrah Federal Building.

Rabbi Kushner, author of *When Bad Things Happen to Good People* and *Living A Life That Matters*, will address our craving for significance, our need to know that our lives and our choices mean something, and how we often use both positive and negative behavior to reassure ourselves that we matter to the world.

Kushner believes that the path to a truly successful and significant life is through friendship, through family and through acts of generosity and self-sacrifice. He describes how, in affecting the life of even one person in a positive way, we make a difference in the world and prove that we do in fact matter.

The presentation will be held at 8 p.m. in the Freede Activity Center at Oklahoma City University. Reservations may be made by calling the INTEGRIS HealthLine at (405) 951-2277.

Fund Raising Event to Underwrite the Patricia Price Browne Lecture Series
-Wednesday, April 13, 6 p.m., Lobby of the National Memorial Museum.

The free public lectures by nationally

known speakers in the field of Mind/Body Medicine that are offered free of charge to the community three times each year are underwritten by contributions from individuals and corporations.

If you would like to financially support these lectures, we invite you to a "donors only" buffet with Rabbi Kushner as our guest of honor prior to his appearance at the Freede Center. Individual tickets for this event are \$150. Because of your help in underwriting the lecture series, you will also receive one of Kushner's books, reserved parking at the Freede Center and reserved seating in the Freede auditorium. A portion of this cost is tax deductible. Reservations for this event may be made through the Center by calling at (405) 943-3921.

EDUCATIONAL WORKSHOP FOR PHYSICIANS AND MENTAL HEALTH PROFESSIONALS - CEUs

Rabbi Kushner will lead an educational workshop for physicians and mental health professionals Thursday morning, April 14 from 9 a.m. to noon. Reservations for this event are made through the Center by calling at (405) 943-3921.

INTEGRIS James L. Hall Jr. CENTER FOR MIND, BODY AND SPIRIT

The INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit is a not-for-profit educational organization committed to improving health by increasing awareness of the healing power of the connection between mind, body and spirit. The center is intended as a community resource. For more information, please call (405) 943-3921, or write:

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Oklahoma City, OK 73112

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WINTER 2005

HARMONY

James L. Hall Jr. Center for MIND, BODY AND SPIRIT

Healthy Aging Leland Kaiser, Ph.D.



Leland Kaiser, Ph.D.

Join the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit in welcoming Leland Kaiser, Ph.D. as he discusses healthy aging in America. According to Dr. Kaiser "Don't just age - become a sage!" A sage is someone who shares with others the harvest of his/her lifetime. A sage bridges generations and teaches by precept and example. Sage-ing is the best example we have of healthy aging in America.

Dr. Kaiser will discuss sage-ing as an alternative to aging; look at how a sage is created; outline the role of sages in the community; discuss healthy aging as a path of inner growth and service to the community.

As a dynamic motivational speaker and an acknowledged authority on the changing American health care system. He is a mentor to many hospitals and health care organizations in the United States.

Dr. Kaiser holds an appointment as associate professor in the graduate program in health administration at the University of Colorado at Denver. He is a prolific author, prominent educator, and pioneer in the developing field of electronic teaching technologies. He has master's degrees in clinical psychology and medical care administration and a doctoral degree in social psychology and higher education.

PUBLIC PRESENTATION

March 15 - 7 p.m.

James L. Henry Auditorium
INTEGRIS Baptist Medical Center
For reservations call (405) 951-2277.

EDUCATIONAL WORKSHOP FOR PROFESSIONALS

March 15 - 9 a.m. to Noon

James L. Henry Auditorium
INTEGRIS Baptist Medical Center
For reservations for the workshop, call Kerry Ann at (405) 943-3921. CEUs available. Cost: \$50

LIVING A LIFE THAT MATTERS: What To Do with the Rest of Your Life

Rabbi Harold Kushner

Wednesday, April 13 - 8 p.m.
Freede Center, Oklahoma City University.

As our community begins to reflect on the accomplishments achieved in the city and state during the past ten years since the bombing of the Murrah Federal building, join the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit for an evening with international best selling author, Rabbi Harold Kushner.

The free public lecture, a gift from the center to the state of Oklahoma, will be the first event held in honor of *The National Week of Hope*, highlighting the 10th anniversary of the Oklahoma City bombing.

The National Week of Hope, sponsored by the Oklahoma City National Memorial, is a week of a special activities and events beginning on Sunday, April 17, designed to bring national and international focus on the



Harold Kushner

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Patricia Price Browne Lectures Series for 2005 Begins in the Spring!

HARMONY

A Spiritual Journey on a New Path

By Diane Rudebock

Reflections of Labyrinth Participants

Do you yearn for a moment just to "Be Still" in the midst of the busyness? Do you desire to deepen your spiritual experiences and practice "listening"? Walking the labyrinth path may be just the experience you find that allows you to slow down and quiet the chaos that seems to surround your hectic schedule. Dr. Lauren Artress in her book *Walking a Sacred Path* refers to walking the labyrinth as a "body prayer" or "active prayer" in that our left brain is engaged with the activity of the walk leaving our right brain open to the Creator. The labyrinth is inclusive in that it is open to anyone, whatever their beliefs.

What is a labyrinth? The labyrinth is a circular path that leads to the center. There is only one path so there are no tricks or dead ends. You walk the same path in toward the center as you take back out. The labyrinth design is found in many religions throughout the world and actually dates back as far as 4000 BC where the design was used on coins.

In the fall of 2000, Edmond First United Methodist Church purchased a canvas labyrinth; the design is a replica of the 11-circuit stone labyrinth in the floor of Chartres Cathedral in France, which dates back to 1220 AD. During the past four years, many have taken the journey of the labyrinth path at Edmond First Methodist and following are some of the written reflections of those who walked.

"Thank you for this act of true hospitality where persons are invited to trace the patterns of their lives."

"The labyrinth gave me an opportunity to reflect on things in my life ... slowing down and appreciating one step at a time is a way of achieving inner peace."

"Just perfect for quiet time with God."

"What a wonderful experience - very relaxing; I feel more at peace."

"The labyrinth is like the journey of life."

"I began my labyrinth walk with

many scattered thoughts; as I sifted through the thoughts and images, I realized how much I have to be thankful for."

"It was very calming. I felt no need to hurry."

"God offers peace, not instead of stress, but in the midst of it."

"Walking the labyrinth is good for the soul."

"I was overwhelmed with the sense of peacefulness I felt."

Please plan to join us for the next Open Community Labyrinth Walk, the third Monday of each month from 6 to 9 p.m., at Edmond First United Methodist Church, Christian Activity Center, 305 E. Hurd, Edmond, Okla. For more information, please contact Dr. Diane Rudebock, Veriditas certified labyrinth facilitator, (405) 348-9977.

Dr. Rudebock is also a registered nurse and an assistant professor at the University of Central Oklahoma, Dept. of Kinesiology and Health Studies.



HARMONY



FROM THE DIRECTOR

By Charlotte Lankard, LMFT, director, James L. Hall Jr. Center for Mind, Body and Spirit

2005 Brings Exciting Opportunities

A Gift to the Library

The Jones and Bartlett Publishing Co. has donated a group of books to our library called The 100 Question and Answer Series, including *100 Questions and Answers about Breast Cancer* and *100 Questions and Answers About Prostate Cancer*.

Other books have questions and answers about bone marrow and stem cells, ovarian cancer, cancer symptoms and treatment side effects, and caring for someone with cancer. More books in the series are yet to be published.

In addition they also sent two copies of a stress management workbook titled *Achieving the Mind-Body-Spirit Connection*.

Our library is filled with quality books

and tapes for your use. Come by and browse.

Tuesday Nights at the Center '05

The second Tuesday of each month, February through October, we will be bringing these special interest workshops:

- Creative Journaling
- Resentment Free Living
- Are You Living from the Music of Your Heart?
- Guided Imagery
- Introduction to Reiki
- Introduction to Acupuncture
- Reflexology
- Aromatherapy
- An Evening of Laughter with MawBee.

If any of these topics are of interest to you, be watching the newsletter for the month it will be presented.

Special Speakers for Spring '05

Tuesday, March 15 - Leland Kaiser, Healthy Aging

Wednesday, April 13 - Rabbi Harold Kushner, author of *When Bad Things Happen to Good People*

Community Forgiveness Classes

Tuesday evenings,
Jan. 25 through March 8
Debra Luther, LPC, Counseling Services
Jamestown Office Park
3035 N.W. 63rd
For more information,
call (405) 990-1974

Tuesday Nights at the Center

February, March and April 2005 • 6:30 to 8 p.m.

4900 N. Portland, Suite 102

Tuesday, Feb. 8

Creative Journaling

Journaling is good for your health. Join licensed professional counselor and registered and board certified art therapist Pat Lynn Moses, who works with cancer patients and families at the Troy & Dollie Smith Cancer Center at INTEGRIS Baptist Medical Center for this creative journaling introduction.



Tuesday, March 15

Resentment Free Living

Resentment destroys intimacy and presumes untrustworthiness, at least along certain dimensions. Join Judy Stuart, a partner and director of training and development for The Empowerment Group, as she teaches a powerful technique to regulate this emotion - a skill to let down barriers and resume the vulnerability necessary for true intimacy. Stuart holds a master's degree in clinical psychology and resides with her husband in Norman.



Tuesday, April 12

Are You Living from the Music of Your Heart or Are You Dancing to Someone Else's Tune?

Join certified dream and fearless living life coach Deb Melton as she shares her beliefs that everyone can be, do and experience more than they ever thought possible.

Melton is a full time life coach and a part time ski instructor with both the regular ski school and the National Sports Center for the Disabled in Winter Park, Colo., hiking guide with the Walk-About-Ridge Weight Loss Retreat Center for Women and is trained in Dr. Phil's Life Strategies and Ultimate Weight Solutions programs.



CALL AT (405) 943-3921
FOR FREE RESERVATIONS.