



Perspective

Vol. 19 — No. 5

February 2010

LUNCHEON NEWS

William J. (Bill) Phillips
Executive Service Corps
of Central Oklahoma
Shares Ways To Impact The Community
February 8, 2010

The Executive Service Corps of Central Oklahoma (ESCCO) is a group of professional women and men retired from business, government, education and non-profits who volunteer their time and talents as consultants to nonprofit agencies, health organizations, schools and government entities.

Generally working in teams, more than 60 consultants provide a wealth of experience in management, organization, finance, human resources, marketing, technology and a host of other backgrounds.

Projects are short term and designed to provide direction and analysis to the participating agency.

In 2007, a new mentoring program was developed to provide individual coaching by ESCCO members to executive directors, finance managers and other staff members of nonprofit agencies. As part of this new program, ESCCO is partnering with Love's Entrepreneurial Center at Oklahoma City University.

Thanks to the generosity of foundations, companies and individuals, whose contributions help support ESCCO's administration and operating costs, the fees for services are very low.

ESCCO began in 1995 when community leaders Bill Phillips, Bernie Ille, John Belt, Harry Perry, Nancy Payne Ellis and Marilyn Meyers sought to establish an Organization to professionally help nonprofits solve business problems. Bill Phillips became president and

executive director and the others were the founding members of the Board of Trustees. ESCCO became part of a national organization, the Executive Service Corps Affiliate Network, and each regional group chose its own name.

Bill has served on several boards including American Red Cross. He has also served on advisory committees at Langston University and the Gaylord College of Journalism and Mass Communication.

To learn more contact William J. Phillips President/ Executive Director, The Executive Service Corps of Central OK, P.O. Box 18403 Oklahoma City, OK 73154-0403 Offices: 600 N. Walker, Suite 210 Oklahoma City, OK 73102 405-232-2724 Fax 405-232-2754 website <http://escoco-online.org/>.

All members and guests are urged to make their plans to hear Bill Williams, Monday, February 8, 2010. The buffet luncheon in the Heritage Room of the Webster Commons on the Southern Nazarene University campus begins promptly at 11:00 a.m. The luncheon program starts at noon and ends at 1:00 p.m.

Important luncheon reservation information:

Members: If you have not been contacted by one of our telephone callers by Thursday, February 4, then please call Mrs. Aleen Drumeller, ASP Telephone Committee Chairperson, at 405.265.0302

Guests: Please call the SNU Office of Alumni Relations at 491.6312 or email ASP@snu.edu

All: The cost of the luncheon is \$5.00. Kindly make your reservation(s) by Thursday, February 4.



FEBRUARY LUNCHEON SPONSOR

Eunice Khoury Insurance Agency, Inc.
Our thanks to Eunice Koury



Your President's Point of View
by Jack David Arnold

**Let go of the past stories
and return to the present moment.**

Author Eckhart Tolle mentioned in his best-selling book, *The Power of Now*, that after two ducks get into a fight, which never lasts long, they will separate and float off in opposite directions. Then, each duck will flap its wings vigorously a few times, thus releasing the surplus energy that built up during the fight. After they flap their wings, they float on peacefully, as if nothing ever happened.

If a duck had a human mind, it might keep the fight alive by thinking, by story-making. No situation or event is ever really finished. The mind and the mind-made "me and my story" would keep the fight going.

Everything natural, every flower and tree, and every animal have important lessons to teach us if we would only wake up, be aware, stop, look, and listen. Our duck's lesson is this: **Flap your wings—which translates as "let go of the story"—and return to "the pristine, timeless, and powerful present moment."**

As Ralph Marston wrote in *The Daily Motivator*, January 15, 2010, "Every day is a good day. What can you do to prove it? Every situation is an opportunity. Allow the best possibilities to take root and flower. In this moment, right now, is rich, fertile ground."

The inability or rather unwillingness of the human mind to let go of the past is beautifully illustrated in the story of two Zen monks, Tanzan and Ekido, who were walking along a country road that had become extremely muddy after heavy rains. Near a village, they came upon a young woman who was trying to cross the road, but the mud was so deep it would have ruined the silk kimono she was wearing. Tanzan, at once, picked her up and carried her to the other side.

Arnold Continued on p. 6



**"Sharing a
Continuous
Flight"**

The Academy Perspective

- - -Publication Board- - -

Chair & Production Editor	Emmalyn German
Copy Editor	Darlene Overholt
Managing Editor	Elbert Overholt

- - -Columnists- - -

President's Column	Jack David Arnold
Obituaries	Lecil Brown
Feature Writers	Lecil Brown, Shirley Mears
Library News	Arlita Harris

- - -Staff Reporters- - -

Photography	Emmalyn and Dale German
Programs	Shirley Mears
Research	Paul Scheie

- - -Communications Policy- - -

We value messages from our readers.

By mail: *The Academy Perspective (TAP)*, Southern Nazarene University, 6729 N.W. 39th Expressway, Bethany, OK 73008

By fax: (405) 491-6381

By computer: www.snu.edu —Alumni & Friends—ASP

- - -Newsletter Subscription Information- - -

Annual subscription cost for *The Academy Perspective*:

Non-members—\$10.00 per year

Members—Included in membership

- - -Contributions- - -

To make contributions to the Academy of Senior Professionals:

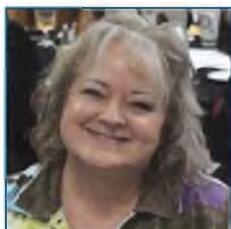
Mail to: Roy Dorris, Treasurer

4607 N. College, Bethany, OK, 73008

Luncheon Sponsors for 2009-2010

October:	Jack David Arnold, Ph. D.
November:	Legend at Council Road, Connie Daniels
December:	Southern Plaza, John Stoddart
January:	F. Trent Densmore, Attorney, (PC), Trent Densmore
February:	Eunice Khoury Insurance Agency, Inc., Eunice Khoury
March:	Concordia Life Care Community, Lisa Vallekamp
April:	Southern Nazarene University
May:	Mercer Adams Funeral Service, Marla Cole

January Luncheon Visitors



Jan Buckner, Guest of Charles and Billie Harrison, and Connie Daniels, November luncheon sponsor from Legend at Council



Sue Harris, guest of Eva May Harper, and Mary Myles Rogers, guest of Harold and Joan Dozier

Some of Our Newest Members



Howard Lester

James and Madalyn Long

New Construction on Campus



School of Music Calendar Spring 2010

Please call the School of Music at 491-6345 to confirm events. Ticketed events are marked with ** (asterisks)

Tuesday, February 9, Jazz Band Concert, Cantrell, 7:30 pm

Thursday, February 11 *** Guest Artist Series: Andrew York, guitarist, Cantrell, 7:30 pm

Thursday, March 4 Symphonic Band Concert, Herrick Auditorium, 7:30 pm

Saturday, March 6 *** Children's Opera, *Pinocchio*, Cantrell, 11:00 a.m. and 1:00 pm

Tuesday, March 9 Symphony Orchestra Concert, Herrick Auditorium, 7:30 pm

Thursday, April 8 SNU Chorale and University Singers, Cantrell, 7:30 pm

Monday, April 19 SNU Vocal Jazz Festival Concert, Herrick Auditorium, 7:30 pm

Thursday, April 22 Jazz Band Concert, Cantrell, 7:30 pm

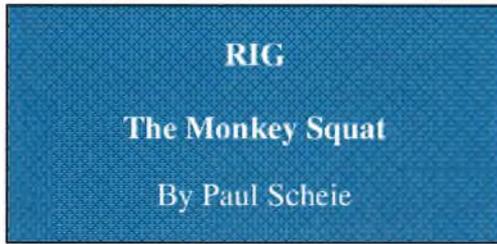
Sunday, April 25 SNU Choral Society and Orchestra present Mendelssohn's *Elijah*, Trinity Nazarene Church, 7301 S. Walker, OKC, 3:00 pm

Thursday, April 29 Symphonic Band, Herrick Auditorium, 7:30 pm

Tuesday, May 4 Famous Opera and Operetta Scenes, Cantrell, 7:30 pm

Thursday, May 6 Percussion Ensemble and Guitar Ensemble Concert, Cantrell, 7:30 pm

Please visit our web site at snu.edu/music to confirm performance times, locations, and ticket information or to get upcoming student recital information.



An American jockey went to Britain in 1897 and assumed a seemingly weird position on his horse during races. He did not sit in the saddle, but squatted with bended knees and in stirrups high on the horse. British termed the position the "monkey squat", then they copied it and reportedly cut their racing times by about 6%. Today, it is standard operating procedure for jockeys. But, how does the

monkey squat cut a horse's racing time?



When a horse gallops it not only goes forward, it also moves up and down. This up and down motion requires the horse to raise its whole

weight several inches during each step, and if the jockey is seated in the saddle his weight is added to the horse's burden, as the horse must also raise the jockey's weight just as far with each step as its own. However, when a jockey in the high stirrups bends his knees some as the horse moves upward and the jockey straightens his knees some as the horse moves downward, the jockey is able to reduce the extent to which his body moves up and down relative to the ground, thus requiring the horse to use less energy in its up and down motion. At the same time, of course, the jockey must expend energy each time he straightens his knees and can be puffing by the race's end. Presumably, the energy saved by the horse with this procedure can be applied to increase its forward speed.

A recent test of this theory, using sensors to record the vertical position of both the horse and the jockey going around a racetrack, showed that the jockey's work in this manner, indeed, had him moving up and down much less than the horse.



Once in a while, a book comes along that is so good you just have to tell others about it. God Sightings, by Joyce Williams, is such a book. Subtitled "Stories of God's Miraculous Provisions", this compilation shares the stories of 53 people who have been miraculously touched by God, mostly through healing that was considered impossible by medical professionals. Most of the stories have happened since 2000. Our local hairdresser, Jane Berry's, story of healing is in chapter 4. Beth Moore tells about God making her brush a man's hair in a busy airport. Brian Helstrom shares the story of a former prisoner who is now a pastor. Nina Gunter recalls God's healing of her young son.

Are you sometimes asked if God still does miracles? Do you wonder if God still heals people, or was healing just for the time of Jesus? The stories of these "common" people - you will not recognize most of their names - will inspire you and encourage those to whom you want to give the book. It's not a book you can read from cover to cover, like a novel. Irwin and I are reading it as a devotional, frequently drying our eyes and clearing our throats long before the story ends. They're each just a few pages, so it's easy to read a story each day.



God Sightings will change your perspective and your life. It will increase your faith and hope. It will inspire you, and it will make you so very grateful to be a believer in our miracle-working God.

The SNU Library has a copy of God Sightings that you can borrow, but I think you'll want to buy your own copy through Beacon Hill Press. It's only \$14.99.



Dr. Suess reads Scripture
by Shirley Mears

You've heard of Cliff notes for novels, how about Cliff notes for books of the Bible? One way to help create children's interest in reading scripture may be to give them a copy of The Rhyme and Reason Series: Genesis. This full color hard back book illustrates scripture in a fun way that even adults can enjoy. The whole book of Genesis is summarized in rhyming couplets.

An example is:

"God said, 'Let Us make man in Our image and likeness
With a spirit that reflects Our friendship and rightness.'
First He made a man but saw he needed a wife,
So He took a rib from Adam's side, and Eve came to life."

Other upcoming books will be Matthew, followed by Acts and Exodus. There will be 26-30 in the series when it is complete..

Author, Catherine Zoller. grew up in Oklahoma City and spent much of her teenage years in turmoil. As a rebellious young lady she spent time away from her home and family and lived in a juvenile detention home. She found the love of God and scripture at the age of 15 and her path turned in a very different direction.

Part of her amazing story can be heard by clicking on www.thegospelstation.com, Ministry Interviews tab, and arrow down to interview number 79.

Books are just \$15.99, available online and at all the Mardel Christian and Education stores.

Rhyme & Reason Ministries International, Inc.
Catherine Zoller, President
P.O. Box 470994
Tulsa, OK 74147-0994
www.TheRhymeandReasonSeries.com



- * The Steering Committee for our Senior Adult Conference 2010, met at the Cove in Yukon to make great plans for "Advancing the Quality of Life, A Lifelong Learning Conference" which will be held at Bethany First Church of the Nazarene May 21, 2010. Registration capabilities will be online soon! See ad on page 6.
- * The next SAC10 Steering Committee Meeting will be hosted by Connie Daniels and held at The Legends on Council Road, Wednesday, February 17 from 10am to 1pm.
- * A Writer's Workshop will be held in the Student Conference Room at the Commons at 9:30 am February 8. All are invited to attend. 
- * Continue to remember our Founding Director **Elbert Overholt** who is battling anemia.
- *

I'll catch you at the writer's workshop
in the Student Conference
Room at the Commons, First
Floor. 9:30 am
February 8, 2010



Arnold continued from p. 2

The monks walked on in silence. Five hours later, as they were approaching the lodging temple, Ekido could not restrain himself any longer. “Why did you carry that girl across the road?” he asked. “We monks are not supposed to do things like that?”

Now imagine what life would be like for people who live like Ekido all the time, unable or unwilling to let go internally of situations, accumulating more and more “stuff” inside. What a heavy burden of the past they carry around with them in their minds.

Some of our stories consist of old negative and unhealthy emotions that are being revived continuously. As in the case of the monk Ekido, who carried the burden of his resentment for five hours by feeding it with his judgmental thoughts, most people carry a large amount of unnecessary baggage, both mental and emotional, through their lives. They hang on to this baggage because it feeds their dysfunctional ego, their false identity.

For decades I carried around the unnecessary baggage of feeling “less than others” because I came from a broken home, lived in two back rooms of a small house in Oklahoma City at a time when divorce was not as prevalent as it is today. When my thoughts about the past became so problematic, they became part of my dysfunctional ego, my false sense of self. My personality, which was conditioned by the past, then became my prison. The “little me” story was an illusion that obscured my true identity, the “real me,” for decades.

With God’s help, we can learn to break the habit of accumulating and perpetuating old, unhealthy emo-



ASP Calendar

Monday: February 8, 2010

- 9:00—11:00 a.m. Shuttle Service from the Sawyer Center lot (41st and Donald) to the Webster Commons
- 9:30—10:30 a.m. Writer’s Workshop - Student Conf. Rm. (Webster Commons 1st Floor)
- 11:00 a.m.—1:00 p.m. Luncheon Meeting in the Heritage Room
- 1:00—1:30 p.m. Shuttle service to the Sawyer Center parking lot
- 1:15—2:00 p.m. Administrative Council meeting; Faculty Lounge



\$15 ANNUAL DUES ARE DUE

Arnold continued

tions by flapping our wings, metaphorically speaking, and refraining from mentally dwelling on the past, regardless of whether something happened yesterday, decades, or years ago. We can learn to keep negative or hurtful situations or events out of our minds by habitually returning our attention to that “pristine, timeless, and powerful present moment.” Our very Presence, then, becomes our true identity, our better self. We can shape our whole world into a beautiful and fulfilling place.

The good news for us as senior adults in this New Year 2010 is that nothing that ever happened in the past can prevent us from being in the present moment now; if this is true, then what power does it have over us?

Louise Fletcher Tarkington beautifully illustrates my point of “letting go of the story” and living in the present moment now in her poem, *The Land of Beginning Again*:

I wish that there were some wonderful place
called the *Land of Beginning Again*
where all our mistakes,
and all our heartaches,
and all our poor, selfish grief
might be dropped,
like a shabby old coat, at the door,
and never be put on again.



Register Now
Senior Adult Conference 2010
**“Advancing the Quality of Life
A Lifelong Learning Conference”**

Bethany First Church of the Nazarene
May 21, 2010
8 AM to 3 PM

Look for registration information on the ASP web page
www.snu.edu—Alumni & Friends—ASP