



*Embracing the Divine, HCCL honors all spiritual paths and traditions.  
We are a FORCE for Good in our community, our world, and beyond.*

**May 2018 Newsletter**



# Living a Noble Life

### In This Issue

This Month's Talks

Women's Creative Thinking Group

FREE MOVIE NIGHT "Same Kind of Different As Me"

E3 by Pam Grout Class

## Polish Your Dancin' Shoes!

The most fun you're gonna have this summer is only one month away!



**HCCL 20th Anniversary Kick-Off  
"No Date Required"  
Dance Night!**

**Friday, June 22, 6:30 p.m., at**



[650 Logan Street, Helena, MT 59601](http://650LoganStreet.com)

The primary legacy of the Buddha was The Noble Eightfold Path, which he taught throughout his 45 year ministry in India. I am deliberately and carefully going to take us through each spoke of the Dharma wheel, which represents The Eightfold Path. We will examine the blessing and ramification of each of the eight steps, as I weave in stories about this real human being.

The Buddha forever changed the world that he touched. Born a Hindu, he proved that a person, in one lifetime, could break through the thousands of cyclic reincarnations that humans go through to reach enlightenment. While it was not his intention to create a world religion, his ministry was so profound, that Buddhism spread throughout the world.

Born approximately 500 years after the Buddha, Yeshua ben Joseph, known to us as Jesus, was raised in the Jewish faith. Like the Buddha, in one lifetime, this remarkable human being changed the world forever. While it was not Jesus' intention to create a world religion, his ministry has also spread throughout the world.

There are many Precepts of Truth contained within Buddhism that, when practiced mindfully, create a Noble Life. Let's take the first steps together, as we begin an extraordinary journey into our inner truth.

*Rev. Jean Sweet*

**Featuring:** Julius Scott, DJ, "The Bro with the Fro"  
Rev. Jean Sweet, Party Facilitator

## Stop in to the Green Heart Boutique!

With deep gratitude to Sharon Schell, we invite you to stop into the Green Heart Boutique in the children's room. The boutique features select items from Sharon's collection. All proceeds benefit HCCL.



## Food Share Reminder

Please remember Food Share of Helena. Bring your food donations on May 20 to help feed hungry people in our community.

Our May theme is Vegetarian. Bring a variety of canned or boxed vegetarian food. Bring your donation of food or a check made out to Helena Food Share.



## NEW THOUGHT $\Phi$ GREAT FALLS

The Helena Center of Creative Living has started an outreach program in Great Falls. We have many people who come from Great Falls when they can to our Centers events, including Sunday services. Four of our members are from Great Falls, and they can only attend sporadically.

Rev. Jean decided to give back to the Great Falls community by spending time there once a month to speak and make herself available for counseling and other activities. Unofficial member, Barb Walden, long-time supporter of HCCL, is a yoga teacher at the Yoga For Wellness studio. She received permission from the owner, Pam Quinn, to use the studio for our New Thought Great Falls gatherings.

On Thursday, April 26, Rev. Jean launched this shared vision, NEW THOUGHT GREAT FALLS, with 18 attendees. Her next visit will be Thursday, May 24.

On behalf of all of us in Helena, we officially welcome you to our spiritual community. Thank you for making us even more remarkable.

### Prayer from the Buddha

May every creature abound in well-being and peace.

May every living being attain inward peace.  
Let no one deceive another.

Let no one despise another in any situation.  
Let no one, from antipathy or hatred,  
wish evil to anyone at all.

Just as a mother, with her own life, protects her only child from hurt, so within us may be foster a limitless concern for every living creature.

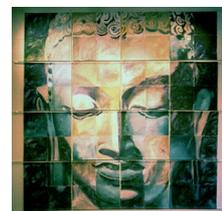
Display a heart of boundless love for all the world, in all its height and depth and broad extent.

Love unrestrained without hate or animosity.

Do this as you stand or walk, sit or lie, until overcome by drowsiness.

### This Month's Talks

## Living the Noble Life



### May 6: A Firm Foundation

As we begin the journey on the Noble Eightfold Path, we will need a firm foundation to support our efforts. This week, I will discuss the precepts of Right View, and the practice of "Letting the Moment Burn to Ashes." We will also begin to separate the legend and the truth about the man who became the Buddha. The Buddha shared, "It is the earnestness that liberates, and not the theory."

### May 13: Nurturing your Buddha Nature

The Buddha's mother days after giving birth. It is believed that he longed for her love and care his entire life. As we honor mothers on this Mother's Day, we will consider the importance of nurturing the goodness within us. We will also study the precepts of Right Intention, Right Speech, and Right Action. The Buddha instructed: "Whatever words we utter should be chosen with care for people will hear them and be influenced by them for good or ill."

### May 20: The Strength and Skill Required to Live a Noble Life

Right Livelihood and Right Effort are skills that empower a noble life. In the Buddha's day, selling poison and dealing in slavery were forbidden careers. What do we consider to be right livelihood? Right effort drives us toward creating the lives that we love -- a Noble Life. The Buddha taught: "No one saves us but ourselves. No one can and no one may. We ourselves must walk the path."

### May 27: Day by Day

We are never excused from the day-to-day requirements that comprise a noble life. Two aspects, Right Concentration and Right Mindfulness, help us to stay the course. The Buddha told his people, "Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment."

## Women's Creative Thinking Group Would Love to Meet You!



The Women's Creative Thinking Group, a.k.a the "Book Club," has been meeting for over a decade.

Dedicated to personal spiritual growth, this women's-only group has been instrumental in the conscious evolution of many individuals over the years.

For more information and to learn what book is currently being discussed, contact Catherine Metsch, 406-465-4800.

Every Friday, 10 AM - 11:30 AM  
St. John's Building, Inspiration Hall, Suite 214

## FREE MOVIE NIGHT



Devote your mind entirely to  
compassion and love.  
This is known as living here a life divine.  
- The Buddha

### Your Board of Directors

**President:**

Dr. Deb Jacobsen, 933-9183

**Vice-President:**

Rosie Donahoe, 459-4408

**Secretary:**

Carol Dougherty, 422-9782

**Treasurer:**

Chris Vaughn, 475-5996

**Members:**

Rev. Jean Sweet, 442-4752

Deb Blossom, 449-3376

Diane Nickman, 442-8323

## BULLETIN BOARD

In March 2018, the total income exceeded the month's expenses! Income was \$4,487.37 and the expenses were \$4,176.38, for a net gain of \$310.99.

Please keep in mind that our average monthly expenses are spread over 12 months, and are estimated at \$4550. Therefore, our first quarter results are less than required based on the average.

**Victor Kelly Memorial Moment**

Victor Kelly, long-time member of the HCCL community, passed on Sunday, April 15. Victor was born on November 10, 1933, and made his transition on Sunday April 15. He had been hospitalized since Monday, April 2, and had hip surgery on April 3. Victor was moved to a rehab facility in Bozeman on April 11 to be closer to his family. His son Mark and daughter Susan thank us all for our love and care. They are considering holding a memorial service this summer.

**Science of Mind Magazine:**

We received a letter from the publishers offering a free 6-month subscription to new HCCL members. Maybe it's time to make the commitment and formally join the community!

**HCCL Angels Sponsorship Program**

What is an HCCL Angel? A community member who supports HCCL through specific sponsorship.

Our newest Angel, Mark Viergutz has volunteered to clean the carpets in Inspiration Hall.

HCCL is very grateful to the recent HCCL Angels for donating books of stamps.

**May sponsorship opportunities:**

- Staples gift card, any amount appreciated
- Sponsoring our ASCAP license (allows us to play all music legally). Contact Rev. Jean for details.

Sponsorships help us meet our annual budget.

*Become an HCCL Angel today!*

The inspiring story of an international art dealer who must befriend a dangerous homeless man in order to save his struggling marriage, a woman whose dreams will lead all three of them on the most remarkable journey of their lives.

**Runtime:** 2 hours

**Rated:** PG-13

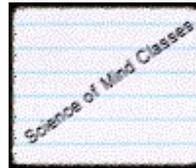
**Friday evening, May 18**  
**St. John's Building, Inspiration Hall**

Doors open at 6 PM | Film begins at 6:30 PM

Join us for snacks and community in the lobby.

**Bring a snack to share (no obligation)**

Donations gratefully accepted to defray expenses.



May Science of Mind  
Classes

**E<sup>3</sup> by Pam Grout**

"The way I see it, there are just two things we need to know: The universe has our back. Everything is going to turn out okay."  
- Pam Grout, E3

E2 was a powerful experiment for believers and non-believers in the Law of Attraction. Continue this amazing journey as we kick off our next SOM class in the series.

The E3 class met once in April, and continues into May and possibly June. Books are available in the bookstore. Anyone can attend, no previous attendance required.

**Daytime classes, 2 p.m. - 4 p.m.:**

- Monday, May 7
- Monday, May 14
- Monday, May 21

**Evening classes, 6:30 p.m. - 8:30 p.m.:**

- Tuesday, May 1
- Tuesday, May 8
- Tuesday, May 15
- Tuesday, May 22

**Fee:** \$15 per class, possible discount for participating in the entire series



"Be filled with all good things, like the moon on the 15th day. Completely, perfectly full of wisdom. Tear open the massive dark."

- The Buddha

See you at the Center!

Rev. Pam Sweet

Helena Center of Creative Living

*We are a FORCE for Good, in our community, our world, and beyond.*

Helena Center of Creative Living, [thehelenacenter.org](http://thehelenacenter.org), 406-442-0224,  
[25 South Ewing](#) St [Suite 214](#), Helena, MT 59601

Sent by [hcclspirit@yahoo.com](mailto:hcclspirit@yahoo.com) in collaboration with

**Constant Contact** 

Try it free today