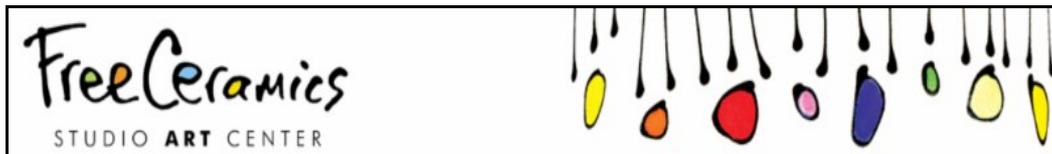


# Polish Your Dancin' Shoes!

The most fun you're gonna have this summer is coming up!



**HCCL 20th Anniversary Kick-Off "No Date Required" Dance**  
Friday, June 22, 6:30 p.m., dancing 7-9:30 p.m.



[650 Logan Street, Helena, MT 59601](http://650LoganStreetHelenaMT59601)

## Featuring:

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



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

## June 2018 Newsletter



# HAPPINESS ALWAYS

In This Issue

[This Month's Talks](#)

E3 by Pam Grout Class

Share Your Gift for Everybody!

## 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 a new selection items from Sharon's collection.

Special: Buy a jacket, get a free scarf!

All proceeds benefit HCCL.



## Food Share Reminder

Please remember Food Share of Helena. Bring your food donations on June 17 to help feed hungry people in our community.

Our June theme is Happy Food. Bring canned or boxed food that makes you happy. 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 continues its outreach program in Great Falls. In May, Rev. Jean visited our Great Falls friends on Thursday the 24th. It was a wonderful gathering of like-minded people, including one new person who saw the flyer posted at the local library.

The following Sunday, May 27, four Great Falls friends came down to Helena to participate in our service. I hope everyone had a chance to meet them and make them welcome. Rev. Jean's next visit will be Thursday, June 28.

On behalf of all of us in Helena, we are happy that you are a part of our spiritual community. Thank you for making us even more remarkable.

### Happiness

Happiness runs in a circular motion  
Thought is like a little boat upon the sea.  
Everybody is a part of everything anyway,  
You can have everything if you let yourself be.

- Donovan

As I breathe in, I inhale the  
essence of happiness.  
As I breathe out, I exhale the joy from within.  
Breathing, I live in joy.  
Every breath reminds me to be happy always.

- Rev. Jean

## ABUNDANCE SCHOOL

Abundance School returns this month on

This month is about learning to be happy always.

We begin with this spiritual truth: "Unless you are happy with yourself, you cannot be happy with the world." Happiness cannot come from the world, it comes from **your internal sense of being right with the world.**

LIFE in all its forms is designed to be happy. When we take out the human equation of emotion, and our tendency to judge, compare, qualify, and label, we can see that life is designed to thrive and be happy.

A planet spinning in space is delighted because it is doing exactly what it is designed to do. It does not whine, or question its purpose, or its position in the galaxy, it just spins.

A microbe bubbling away in the slime of a pond is ecstatic because it is doing exactly what it is designed to do. Microorganisms do not waste half of their day wishing they were a bird.

The bird singing in the tree outside the kitchen window is happy. That bird knows that whatever it needs is available whenever it wants it: worms, water, ants...it's all there, and ready for the picking the moment the bird decides it is hungry or thirsty.

The ant gathering seeds under the sunflower stalk is happy, because it is not wondering why it is not a bee; the bees are pleased to gather the nectar of all the fruit trees, which are happy to grow beautiful and strong in the summer sun. Do you get the drift?

**It is the nature of the formed world to thrive**, to do exactly what it is designed to do and be happy always. Show up this month can make *you* happy!

DISCLAIMER: You will have fun!

Rev. Jean Sweet

### This Month's Talks

## Happiness Always



### June 3: **Cranking Up the Joy**

Science has determined that we are all born with a set point for happiness, like a setting on your air conditioner. The good news is that you can reset the thermostat of happiness to a higher level. Learn how to crank up the joy in your life with Rev. Jean this Fun Sunday.

### June 10: **The Myth of "MORE"**

We live in a society that believes that more stuff creates more happiness. The world is a giant department store which delivers anything you want to your doorstep overnight with free shipping. At the same time, our society is more depressed, more violent, more suicidal, and more stressed than ever before. "MORE" is the ego's Promised Land. How do we heal this? Show up for another fun Sunday to find out.

### June 17: **The Absolute Key to Happiness**

Love is the key that unlocks everything that makes you happy. You can increase or discover self-acceptance, contentment, serenity, and prosperity, to name a few components. Put Love first. Come this Sunday and unlock happiness.

### June 24: **Happy Always**

To be happy you have to believe that you are already whole, complete, and perfect. Nothing is missing, and life is good. This is fundamentally true. And when you recognize this truth, you will automatically increase happiness. To be happy always, you have to believe in happiness and in your divine right to joy and love. See you at the Center!

**Wednesday, June 13** with the lesson:

## **MONEY & THE NEW SCIENCE OF HAPPINESS**

We will study scarcity consciousness: how we developed it, ways we participate in it, and how to, once and for all, negate it.

**We will also study the benchmark truths of Sustainable Abundance.**



**Wednesday, June 13.  
Inspiration Hall, Suite 214**

**Investment: \$15.00**  
no previous attendance required.

### **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 April 2018, the total income, was \$5,324.10. This exceeded the expenses of \$4,306.97. YAY! Your Board is still doing the Happy Dance!

This is the first month in 2018 that we received more than \$5,000. We are so grateful.

In June, three important financial commitments come up:

1. ASCAP license for music: \$229
2. Insurance: \$421
3. Conference travel expenses: \$1,200.  
Rev. Jean received two financial gifts to allow her to register at the ANTN conference in October **and** the Parliament of World Religions in November. Her travel expenses come to just over \$1,200.00.

These items were included in the 2018 budget forecast presented in February at our membership meeting. You can see how important it is that we hit our target of \$4,500 every month because costs like these are amortized over the year.

Thank you so much for your continued generosity and support.

### **Victor Kelly Memorial Moment**

Victor's son Mark and daughter Susan thank us all for our love and care. Right now they are considering **Saturday, July 14th for the date.** We will let you know as soon as plans are confirmed.

### **HCCL Angels Sponsorship Program**

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

Thank you, Mark Viergutz, for cleaning the carpets in Inspiration Hall. They look fabulous!

**\*\* NEW MOVIE \*\***

**\*\* NIGHT SCHEDULE \*\***

**Second Friday of the month**

**JUNE FREE MOVIE NIGHT**



This 2013 remake of the Secret Life of Walter Mitty, starring Ben Stiller, is James Thurber's classic story of a day-dreamer who escapes his anonymous life by disappearing into a world of fantasies filled with heroism, romance, and action. When his job along with that of his co-worker are threatened, Walter takes action in the real world by embarking on a global journey that turns into an adventure more extraordinary than anything he could have ever imagined.

**Runtime:** 1 hour, 54 minutes

**Rated:** PG

**Friday evening, June 8**

**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.

## **June 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 continues into June. The course ends by Tuesday, June 12 as noted in the schedule.

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

**June sponsorship opportunities:**

Please consider making a donation towards our much-needed ASCAP license. This license allows HCCL to play any music at all of our events, including Sunday service. It gives us access to over 200M songs! We expect to use at least 500 songs this year, which comes out to approximately \$.02/song. Excellent value for this access! Thank you for helping.

Please keep in mind that sponsorships help us meet our annual budget.

*Become an HCCL Angel today!*

**ANOTHER PATH TO HAPPINESS**



**The Women's Creative Thinking Group Wants to Meet You!**

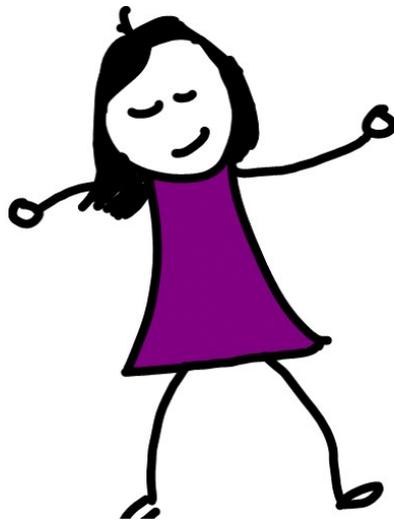
The Women's Creative Thinking Group, a.k.a the "Book Club," has been meeting for over a decade.

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, 406-933-5743.

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

Kickstart the sizzling summer of celebration at the No Date Required Dance. See you there!



- Monday, June 4
- Monday, June 11

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

- Tuesday, June 5
- Tuesday, June 12

**Fee:** \$15 per class

**A "Share Your Gift" for all to participate in!**

Our church is signing up for Amazon Smile, which is an easy way to contribute to HCCL every time you shop online with Amazon. **SIMPLE. FABULOUS, A PERFECT WAY TO HELP YOUR CENTER REACH ITS FINANCIAL GOALS.**

Look for instructions in coming eblasts. Thank you! This makes us so happy!



"When we finally come to the conclusion that God is not simply a larger version of humans, complete with all the emotional turmoil, complexities, and needs of human beings (the need for

love, the desire for revenge, etc.), we come to the whole of the unspoken truth: God is not a larger version of human. Humans are a smaller version of God."

*- Neale Donald Walsh*

See you at the Center!

*Rev. Jean Sweet*

Helena Center of Creative Living  
Helena Church of Conscious 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



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