



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

September 2018 Newsletter



grateful...

END OF SIZZLING SUMMER POTLUCK, SUNDAY, SEPT. 9
Immediately after service, Marilyn & Shari's house: 819 - 11th Ave.

In This Issue

This Month's Talks

SCHEDULE CHANGE FREE MOVIE NIGHT 9.21 "Freedom Writers"

PSOM: Plan to attend Abundance School

Share Your Gift for Everybody!

STOP BY THE GREEN HEART BOUTIQUE!



Thanks again to Sharon Schell, who has provided a unique shopping opportunity right here in our church! Find beautiful items, including bags and scarves.

RESTOCKED! NEW ITEMS!

Food Share Reminder

Please remember Food Share of Helena. Bring your food donations on Sunday, **September 15** to help feed our

Grateful is just one word, and yet it contains so much meaning. Grateful is the energy of immediate connection with Source. Gratefulness is also a place of rest and enjoyment. It contains peace, quiet joy, contentment, satisfaction, and happiness. Grateful turns what you have into more than enough. And it attracts *even better*.

As we come back into balance after the high of summer and all that it brings, grateful is a wonderful place to catch our breath and pause.

This month is all about ease and simplicity, rest and grace. Groucho Marx, the famous comedian and master of quick wit, summed up this truth with these words: "A child of five could understand this. Send someone to fetch a child of five."

Rev. Jean Sweet

community.

September is harvest time. Bring canned vegetables and beans. Staples are always needed, such as peanut butter and cereal. You can also bring a check made out to Food Share of Helena.



Consider how grateful you are for your bounty, and share it with others.

NEW THOUGHT Φ GREAT FALLS

Rev. Jean traveled to Great Falls in the middle of August, when the smoke was at its worst. Thank you to everyone who braved the poor air quality and showed up. We made the best of it and it was a wonderful evening.

Rev. Jean's next visit will be Thursday, September 27. And again, thanks to Pam Quinn for sharing her Yoga for Wellness studio. We are so grateful to extend our community into Great Falls!

Prayer of Gratitude

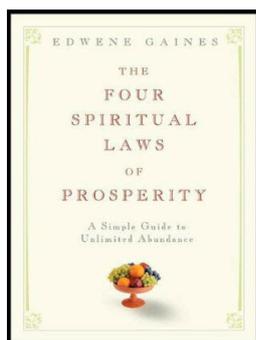
For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends.

– Ralph Waldo Emerson

ABUNDANCE SCHOOL

Abundance School returns this month on
Wednesday, September 26:

We will be studying the book, *The Four Spiritual Laws of Prosperity* for the next two months. The book will be available in the bookstore by Sunday, September 9. Please read to page 116, the end of Part Two, for class discussion.



Wednesday, Sept. 26
Inspiration Hall, Suite 214

Investment: \$15.00
no previous attendance required.

Your Beloved Board of Directors

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Dr. Deb Jacobsen, 933-9183

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This Month's Talks

grateful...

September 2: *Resting in Grace*

As we celebrate Labor Day without effort, we remember that the present moment contains everything necessary for a perfect life. There is grace in the present moment, the allowing of "what is" to simply be.

A Course In Miracles Shares: "Look lovingly upon the present, for it holds the only things that are forever true. All healing lies within."

Rest in grace with me this Sunday, as we cease the doing and enter into sacred space.

September 9: *The Miracle of Ordinary Days*

Summer is crazy wonderful; so much light, activity, fun, laughter, and deliciousness. As the light in our Northwest equalizes, it is time to come back into balance, equalizing our energy as we celebrate the miracle of ordinary days.

September 16: *A Heart of Stillness*

Entering a heart of stillness is not something you strive for. It is more of a process of elimination and restraint. When we pay attention to the numerous distractions of our world, stillness is not a possibility. The ability to withdraw is the foundation of stillness, which is often called "mindfulness." Practice the art of stillness as we enter through the heart.

September 23: *Grateful*

The most significant underlying practice of a good life is gratitude. When we recognize good, and celebrate everything in every moment, we become both a participant and a witness. Now consider the attraction of what I've just described.

Hmmm...grateful is the energy of plenty and plenty more.

September 30: *An End and a Beginning*

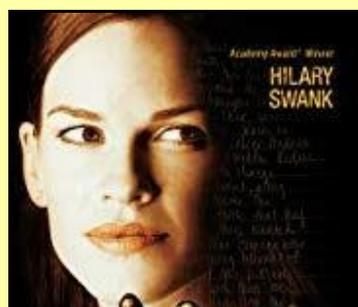
On this day, we will be 12 minutes past the autumnal equinox. This equinox officially signals the end of summer and the beginning of a completely different energy. Our bodies change with the change of the season. We begin to store energy to see us through the dark times of winter. We become more reflective. Certain questions arise during these changes. Discover answers in this final talk of September.

**** ONE TIME ONLY ****

**** SCHEDULE CHANGE ****

Third Friday of the month

SEPT. FREE MOVIE NIGHT



In July 2018, the total income, was \$4,887.25. Our expenses totaled \$3,789.18. We are **so grateful** that our income was greater than our expenses. Dr. Deb's sizzling summer raffle raised \$214, and our Green Heart Boutique brought in over \$200 so far.

We thank God for our ever-increasing abundance as we remember that we are a FORCE for Good in our community, our world, and beyond.

REPORT: Angel sponsorship in July



Thank you to the Angel who supplied our lock box for the front door. And thanks to Shari Copenhaver for donating her \$25 Amazon gift card from the raffle towards office supplies.

Be an Angel in September by helping in any of the following ways:

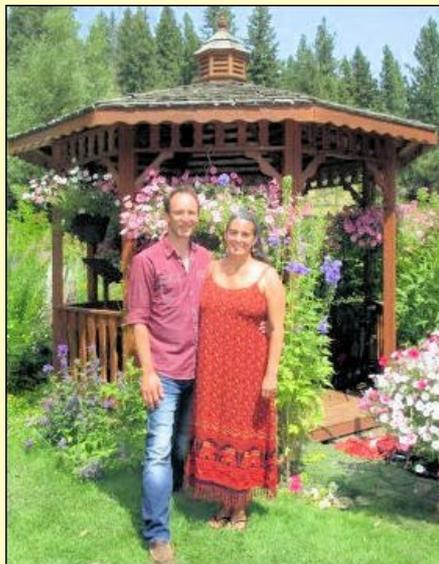
1. Checks for \$15 clearly labeled MOVIE NIGHT. It will be used to buy the approved movies.
2. We always gratefully accept **any** gift cards that will help our cause. We always need office supplies and miscellaneous items.

Thank you so much for your continued generosity and support.

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

Become an HCCL Angel today!

TIZER GARDENS, AUG. 5, WHAT A WONDERFUL DAY!



Hilary Swank stars in this story about a teacher in a racially divided school who gives her students what they've always needed - a voice. Swank plays Erin Gruwell, the real-life teacher at Long Beach's Wilson High, who inspired her students to overcome the gangs that divided them and the education system that forgot them. Based on the book *The Freedom Writers Diary* and supported by a cast of first-time actors who drew from their actual experiences on the street, Gruwell teaches us all an important lesson about tolerance and trust.

Runtime: 2 hours, 4 minutes

Rated: PG-13 (parents strongly cautioned)

Friday evening, Sept. 21
St. John's Building, Inspiration Hall

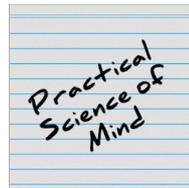
Doors open at 6 PM | Film begins at 6:30 PM

Join us for snacks and community in the lobby.

Bring a snack to share (no obligation)

Donations gratefully accepted to defray expenses.

Science of Mind Classes



Please purchase the book *The Four Spiritual Laws of Prosperity* and plan to attend Abundance School on Sept. 26.

SEE YOU THERE!

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 CHURCH REACH ITS FINANCIAL GOALS.

Still working on it! Look for instructions in coming eblasts. Thank you! This makes us so happy!

With each breath, I allow myself to slow down. I quietly arrive in this place of gratitude.

My blessings are too numerous to count, and so I simply say: "Thank You, God, for all my good. I am so grateful for everything in my life, even the perceived obstacles, which I know are for growth and my highest good."



I am so grateful for life itself. What a gift! I am so grateful for this awareness. I am so grateful...

With grace, I take this gratitude into my day, knowing that I am blessed in every way. And so it is. Amen.

Helena Center of Creative Living
Helena Church of Conscious Living

Rev. Jean Sweet

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



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