

Daylight Savings Time ends this weekend!



Remember to set your clocks back an hour on Saturday, November 3, or you'll show up REALLY early for service, and we'll put you to work. See you Sunday!



Helena Church of
Conscious Living

Embracing the Divine, HCCL honors all spiritual paths and traditions.

November 2018 Newsletter



One Breath at a Time:
Achieving Well-Being and Grace

In This Issue

[This Month's Talks](#)

[12 Days of Christmas](#)

[Happy Holiday Shopping-The
Mind Shop](#)

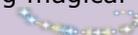
Special sale thru
November at the

**GREEN HEART
BOUTIQUE**

Consider being a part of this year's **Joyful Christmas Choir!** It will again be led by Adelle and Jeremy Terry.

Stay tuned for an announcement with the rehearsal schedule.

Be a part of something magical



No experience necessary!

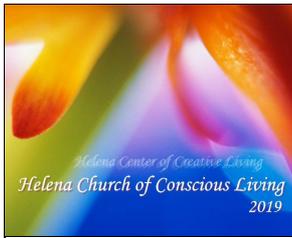
Sharon Schell is offering a final sale through November. Buy one item, and get another item of equal or lesser value for FREE!



All sales final. The Green Heart Boutique is closing after this sale ends.

Speaking of Sales, it's time to start your Holiday shopping
2019 Calendars are available!

Our beautiful HCCL calendars are ready for you to purchase for yourself, your family, and friends. They are only \$10, so stock up now before they disappear!



We are now collecting the following items for our fabulous, funky Jean Francis Home Christmas tree!

Tree construction requires:

- * Large packages of paper towels & toilet paper
- * Boxed soup (which helps support the structure)

Decorations:

- * Socks (the women never get new socks!)
- * Sponges
- * Women's hats and gloves
- * Warm scarves
- * Journals
- * Personal care items

On the 10th Day of Christmas, Saturday, December 15, we will create a Christmas Tree out of all donated items. Please join us! It will be another Christmas Miracle!



We are so close to the official start of the HOLIDAYS that I decided to use this month to promote well-being and wholeness. Some of us dread this time, some of us look forward to it, and some just want to fast forward. I understand.

I will be referring to the book: *One Breath at a Time: Buddhism and the Twelve Steps*, by Kevin Griffin. This remarkable book walks you through the spiritual principles of AA from a completely different perspective. Griffin is a former alcoholic and Buddhist teacher. Purchase your own copy in the Mind Shop.

These spiritual principles transcend religion and present the perfect segue into the Holy Days. My goal is to ground us in what is real, celebrate wholeness, and practice mindfulness throughout the coming weeks. I would love for us all to come out on the other side, in 2019, happy, whole, free, and at peace.

I will be at the Parliament of World Religions for the 1st Sunday of November, soaking in truth from the world stage of transcendental understanding. Our friend, Skip Mathewson, will share from his comprehensive understanding of metaphysical truth to kick off this month of well-being and grace. Please join him.

Ponder this quote from *One Breath at a Time: Buddhism and the Twelve Steps*: "Life is a mystery; the mind an enigma; the possibilities for spiritual growth endless, if only we are willing to explore. As human beings we have amazing abilities to think, to feel, and to experience wonder. Step Three sets us firmly on the path of freedom, connecting us to the great mysteries of life and the heart. Our job is to keep opening to the mystery, with joy, gratitude, and bright attention."

Rev. Jean Sweet

This Month's Talks

One Breath at a Time: Achieving Well-Being and Grace



Nov 4: The Power of a Quiet Mind with guest speaker Skip Mathewson

Skip has been a student of metaphysics for over 20 years. He entered through the Unity perspective, and dove in head-first to comprehend how the Universe works. He is a frequent speaker at Unity in Butte. Skip trained as a motivational speaker, speaking to crowds of over 5,000 at times. In this engaging talk, Skip will introduce you to your Quiet Mind, the source of Power and all good.

Nov 11: The Consequent Grace of Surrender

As we begin our study of the spiritual principles of AA, we take an honest look at places where our lives have become "unmanageable." Often these patterns repeat as workaholic, overspending, compulsive eating; even our addiction to obsessive/compulsive thinking. Simply stated, an addiction is anything you can't stop doing. And, when we completely surrender our negative patterns to a Higher Power, LIFE CHANGES for the better. Accept the consequent grace of surrender in Rev. Jean's first talk of November.

Nov. 18: Investigation and Growth

Quoting Kevin Griffin from *One Breath at a Time- Buddhism and the 12 Steps*: "Willingness comes before any growth: willingness to try a new way of living, willingness to commit ourselves to our spiritual growth; and willingness to put that growth before our personal comfort. In short, the willingness to let go."

Willingness is the portal to spiritual power. The 4th AA step, which correlates with the Buddha's quest for enlightenment, shares, "made a searching and fearless moral inventory of ourselves." You have to be willing to investigate in order to grow. It is your ticket to an even better life.

ABUNDANCE SCHOOL

We continue to study *The Four Laws of Spiritual Prosperity* by Edwene Gaines, and it is still available in The Mind Shop.

The class agreed to extend this class to November 14. It is not too late to join us!

Date: Wed., Nov. 14
Time: 6:30 PM - 9 PM

To prepare, take the self-study challenge at the end of the book. It's 14 days, so start now, and you'll be in step with the class.

Where:
Inspiration Hall, St. John's Building, 25 S. Ewing, Helena

Investment:
\$15
No previous attendance required

"God wants us to do more, to have more and to play big."
- Edwene Gaines

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Prayer of Thanksgiving

God of all blessings,
source of all life,
giver of all grace:

We thank you for
the gift of life:
for the breath
that sustains life,
for the food of this earth
that nurtures life,
for the love of
family and friends
without which there would
be no life.

We thank you for the mystery
of creation:
for the beauty
that the eye can see,
for the joy
that the ear may hear,
for the unknown
that we cannot behold filling
the universe with wonder,
for the expanse of space
that draws us beyond the
definitions of our selves.

Nov. 25: Celebrating This Good Life A Thanksgiving Service

As we prepare for the holy day of Thanksgiving, we contemplate the 11th step of AA: "sought through prayer and meditation to improve our conscious contact with God, as we understood (Him), praying only for knowledge of (His) will for us and the power to carry that out."

God's will for us is to be happy, whole, complete, balanced, harmonious, loved, blessed, protected, supported, and supplied. You have emerged from Spirit into form, to live Its life in freedom and joy. You have a lot to be thankful for. Join Rev. Jean as we open up the holy energy of gratitude and appreciation.



Friday, DECEMBER 7: *1st Day of Christmas, One Fun, Sloppy Craft Day.* Do you have a Christmas craft that you can teach others? Not too time-consuming or complicated? Bring enough supplies to share with 15 others, and yummy food. 10 [a.m.](#) to 3 p.m.

Wednesday, DECEMBER 12: *2nd Day of Christmas-A vacuum and a dust cloth!* We are going to thoroughly clean Inspiration Hall and the Sanctuary. We have not done this since last year! Let's get our rooms shining. 12 noon to 4 p.m.

Thursday, DECEMBER 13: *3rd Day of Christmas-Decorating Inspiration Hall!* Take time to make merry, and make our Center festive and fun. 12 noon to? Cutting, pasting, and gluing will be involved.

Saturday, DECEMBER 15: *4th Day of Christmas-Creating Christmas Magic for the Jean Francis Home.* We will create a Christmas tree out of the donations for the Jean Francis Home. We need all creative people on hand for this! 10 a.m. to when we are done.

Sunday, DECEMBER 16: *5th Day of Christmas-All is Calm, All is Bright.* Join Rev. Jean for a special Sunday service. 11:00 am in the sanctuary.

Monday, DECEMBER 17: *6th Day of Christmas-MONDAY SERVICE with Rev. Jean.* RJ will take time to include personal prayer requests for your holidays. 12 noon to 1 p.m.

Tuesday, DECEMBER 18: *7th Day of Christmas-WEAVING EVENING.* Anyone who wants to add prayers to our living prayer tapestry is welcome to join Rev. Jean for this joyful experience. 6:30-8:30 p.m.

Wednesday, DECEMBER 19: *8th Day of Christmas-Join our MASTERFULLY MINDFUL Support Group* for a review of "The Way We Never Were-And We Never Will Be." Healing, laughter, and prayer. 12:30 to 2 p.m.

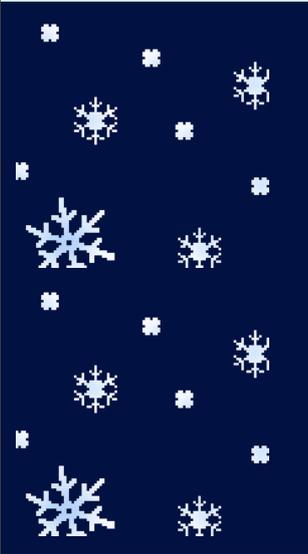
Thursday, DECEMBER 20: *9th Day of Christmas--Christmas & Holiday Healing Service.* Not everyone loves the holidays. Heal whatever you need to heal with Rev. Jean in this special service dedicated to putting the Holy back in holiday. 6:30-8 p.m.

Friday, DECEMBER 21: *10th Day of Christmas-Relax and wrap presents at home.*

We thank you for setting us in communities:
for families
who nurture our becoming,
for friends
who love us by choice,
for companions at work,
who share our burdens and daily tasks,
for strangers
who welcome us
into their midst,
for people from other lands
who call us to grow in understanding.

We thank you for this day:
for life
and one more day to love.

Adapted from a prayer by V.C. Anderson



Saturday, DECEMBER 22: 11th Day of Christmas- Decorate the Sanctuary for our Christmas Candlelighting Service. This is an HCCL Christmas tradition. We start at 10:30 a.m. and finish when we finish. Help create the special magic that makes Christmas memorable at HCCL.

Sunday, DECEMBER 23: 12th Day of Christmas- *FAMILY CHRISTMAS CANDLELIGHTING SERVICE.* 11 a.m.-12 p.m. All ages invited. The Just For Now Joyful Choir will be performing with Adelle and Jeremy Terry.

Happy Holiday Shopping at The Mind Shop



Dr. Deb has selected some delightful children's books for kids of all ages! These are some of her top picks, many of which she reads to all the children at her school.

Books are available in the Mind Shop beginning November 4th. These will go fast!

And, to spread the holiday cheer, Dr. Deb and Diane Nickman will offer free gift wrap beginning December 2nd.

With gratitude and appreciation, we give thanks for this good, good life.

Rev. Jean Sweet

Helena Church of Conscious Living
We are a Force for GOOD, in our community, our world, and beyond.