

## May 2019 Newsletter



...present...

### In This Issue

This Month's Talks

FREE MOVIE NIGHT "The Buddha"

PSOM: The Book of Secrets

### Mark your calendar for Friendship Sunday, June 2

Friendship Sunday is an opportunity to share your church community with your besties, all the people you love to hang out with.

Rev. Jean's message will be "The Spiritual Foundation of Friendship"

Special music provided by  
Adelle & Jeremy Terry



After service, stay for refreshments, fun,

In my travels to Toronto, Canada at the beginning of April, I found myself in the Royal Ontario Museum. There were many stunning images and sculptures of Buddhas and monks. I came around a corner and found myself eye-to-eye with the aspirant in the above image.

His serenity and presence was mesmerizing. This entire month is dedicated to achieving the same serenity and peace contained within mindful awareness.

We are coming from an intense study of Christianity, and are going to sojourn in the interior landscape of the mind. Our first talk, Taking Refuge, teaches us how to arrive in the present moment.

Each talk is designed to help us stay there. We know that the surface of the ocean is rough and choppy at times, that the turbulence of tsunamis can wipe out whole villages. When you go into the ocean depths, the environment is calm and peaceful.

Presence achieves the serenity of the ocean's depth. We know that on the surface of our lives, things happen.

and frivolity, featuring raffle prizes. You receive one ticket for each friend you bring, and your friends each receive one ticket. There will be a drawing from each group. The prizes are any book from the Mind Shop Bookstore.

Click [this link](#) to open an invitation you can print, **FOLD**, and present to your friends.



25 S. Ewing St., Suite 214 Helena Old St. John's Bldg.



### Welcome our new Office Manager Zach Schmaus

The Board of Directors of HCCL is pleased to announce that we increased the hours of our Sound Technician, Zach, to cover the position of Office Manager.

He begins training on May 1, and we are looking forward to a better way of doing business. We will be seeing a lot of Zach!

### Food Share Sunday May 19

Please remember Food Share of Helena. Bring your food donations on **Sunday, May 19**.

The Buddha began the tradition of only eating food that was donated for his sustenance. If people did not put food in his bowl, the Buddha went hungry. We can feed our community many times over. Give generously.

Think about staples (rice, flour), canned meat, vegetables, and fruit. You can also donate with a check made out to Helena Food Share.



### NEW THOUGHT ☉ GREAT FALLS

Dear Great Falls Great Friends,

Rev. Jean had a wonderful time on April 25 with our Great Falls friends. After service we went out for pie, coffee, and fellowship.

The next visit is planned for Thursday, May 16. See you there!

Love and blessings,  
Rev. Jean Sweet and  
Your HCCL Friends

And they will continue to happen. We are striving to find the calm center in the middle of our turbulent lives.

And the good news is, we can achieve this presence right where we are, right in our current experience. Shaved heads are optional!

Rev. Jean Sweet

### This Month's Talks

#### ...presence...



#### May 5: Taking Refuge

When one chooses to be a Buddhist, there are three vows that must be solemnly undertaken. Each vow begins with these words: "I take refuge in..." The woman in the mural has just taken her vows, and her head is being shaved in recognition of her new life.

As we concentrate on "present," we will take refuge in the vast, universal nature of reality.

#### May 12: Gone in a Moment

Consider a flash of lightning, a bubble in a stream, a flickering candle flame, a genuine smile. Each of these is a complete event, worthy of notice. In "presence," we can enjoy each moment as it comes, appreciating the miracle of what is.

#### May 19: Calming the Fire

As we achieve a consistency of presence, we are striving for a steady burn. Emotional turbulence or its opposite, depression, do not keep the fire burning at a consistent degree. This lesson offers techniques to help you calm the fire of intense, emotional agitation.

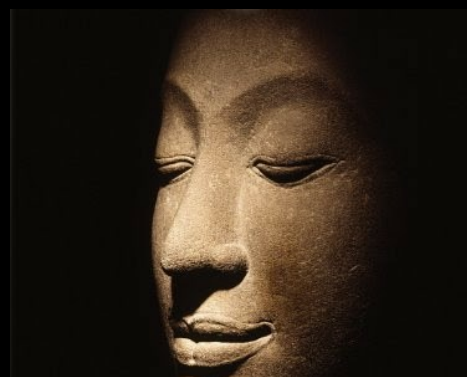
#### May 26: The Three Dharma Seals and How Prayer Works from a Buddhist Perspective with guest speaker Stan Voreyer

Stan Voreyer, ordained by Thich Nhat Hanh in 2009, is a clergyman of the United Buddhist Church. He is a member of Flowing Mountain Sangha, a "Community of Mindful Living in the Tradition of Zen Master Thich Nhat Hanh in Helena, Montana."

We are privileged to receive this Dharma talk by a member of our community and a practicing Buddhist.

### \*\* FREE MOVIE NIGHT \*\*

Friday, May 10



## Vision Prayer: Attracting Our New Minister

Click the link below to open, download, and/or print the compelling prayer from Rev. Ali Benjamin that she created from your visioning.

[Visioning Prayer 2019](#)

## Our Letter of Call:

Click on the link below to see the invitation to our new minister.

[2019 Letter of Call](#)



## Angel Sponsorship

The HCCL Angels sponsorship program continues in 2019.

We are so grateful to Mary Sivela for donating boxes of facial tissue. And to Tricia Luke for donating a micro-cut shredder.

**Be an Angel** and respond to the continued requests:

- Our ASCAP license. This allows our church to play any music. You know you love this! Yearly license is \$260.
- Boxes of individual packets of sweetener, such as stevia, sugar, or monkfruit (please, no aspartame or saccharine)

Please show your love for the community with your sponsorship. It can be anonymous if you prefer.

### Prayer of Loving kindness

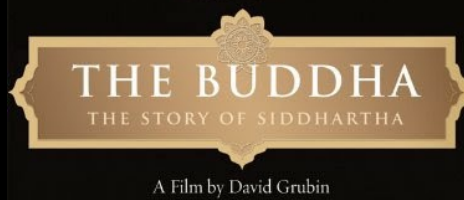
May all beings be peaceful.  
May all beings be happy.  
May all beings be safe.  
May all beings awaken to  
the light of their true nature.  
May all beings be free.

*(Metta Prayer)*

## BULLETIN BOARD

We have no financial report in this newsletter, as the computer had a technical hiccup.

The Board wants you to know that to date we have had no responses to our Letter of Call. Please know with us that the right and perfect person is already known in the Mind of God, and accepts the call.



After 400 BC, a new philosophy was born in Southeast Asia. It was generated from the ideas of Buddha, a mysterious Prince from Nepal who gained enlightenment while he sat under a large bodhi tree. Buddha never claimed to be God or Its emissary on earth. He claimed only to be a human being who had found a kind of serenity that others could find too. This documentary tells the story of his life.

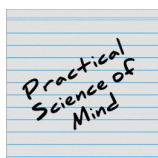
Runtime: 2 hours  
Rated TV-G

### Friday evening, May 10

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.

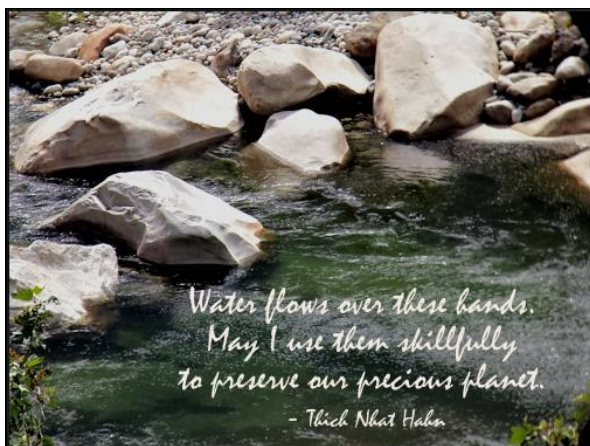


## Science of Mind Class continues through Monday, May 20

We are studying ***The Book of Secrets*** by Deepak Chopra. Join the conversation! You can enter at any time. Contact Rev. Jean to know the chapters under discussion.

Daytime class schedule, 2 p.m. - 4 p.m.:  
Mondays May 6, 13, 20

**Investment:** \$15 per class  
**Location:** Inspiration Hall, HCCL



- Image by Tricia Luke, taken in Kings Canyon, CA

May all Beings benefit from the Good we receive  
this month.

Helena Church of Conscious Living

*Don't you see...*

WE KNOW THAT HCCL is abundant, prosperous, able to meet its obligations, with enough to share and spare.

WE ACCEPT the continued increase of positive financial flow, as we combine our conscious awareness of unlimited good.

Please recognize that it is **easy** and **completely safe** to donate through our PayPal account.

You can donate from anywhere in the world!

Try it, you'll like it!



[Donate now](#)

Rev. Jean Sweet

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

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