



*We are an open, loving, and inclusive community that supports thinking creatively and living a deeply spiritual life.*



# April 2023

## Living Out Loud! The Power of Vulnerability

**Vulnerability is a state of emotional exposure that comes with a certain degree of uncertainty. It involves a person's willingness to accept the emotional risk that comes from being open and willing to love and be loved.**

~ Brene Brown

[Visit our Website](#)

**April Showers Bring  
May Flowers**

"April showers bring



May flowers" is a proverb that we may have heard from the time we were little children. In many areas of the United States, April tends to be a very rainy month and often keeps us stuck indoors. This can be an especially trying time, because between the

rain storms the sun, that's been hiding all winter, teases us with long and warm sunny days. This proverb helps the young-at-heart to remember the rain is not here to ruin our fun, but is necessary for the joy of experiencing the bounty of colorful flowers, plants and trees in the weeks to come.

As religious scientists, we can use this simple saying to keep us focused on the Good that is in this here-and-now moment. While we cannot choose the weather each day, we can choose our responses to it. When life brings us storms of any kind, be they weather, health issues, relationship troubles, or even more simple setbacks, this saying reminds us to stay focused on the positive possibilities rather than the current conditions. Even if we are not sure what Good may come, affirming that Spirit is always present shifts the expectation of a fearful outcome to one of positive curiosity about what Good will manifest.

One night in my mid-twenties, working a valet job back in my hometown, Buffalo, NY, it was raining and, as I was running to retrieve a customer's car, I slipped down a small but steep embankment and badly hurt my ankle. I was angry that such a simple misstep caused so much pain. While healing, I went out with friends to make the best of a bad situation and ran into a friend whom I hadn't seen since playing college football. He had become the athletic trainer for the local professional roller hockey team and, as fortune would have it, he was looking for an equipment manager. By the end of our brief encounter, he offered me the position and I jumped at the opportunity. The next year I was able to play on the team as a goalie.

This experience was long before I knew anything about the Law of Attraction, or the true power of our thoughts, but I remember thinking to myself



### PRAYER REQUESTS

**Our Practitioners want to support you in prayer.**

Please email your prayer request to **prayer@cslstgeorge.org** or email practitioners individually at **cslsg.org/about**



### CSLSG Community Care Circle

Let us provide compassionate support with Life's challenges and joys.

*Leave a message at 435-893-6702*

*to engage this free and confidential service*



To view Core Council minutes, please email: [suegfullmer@gmail.com](mailto:suegfullmer@gmail.com)

## Online Sunday Gatherings

Inspirational Service 11:00am

how, if it had not rained that night, I probably would not have had the amazing experiences that I had with the roller hockey team.

No matter what clouds or storms we face today, let us recognize that, even though we may not see it, we believe that Universal Intelligence always has the best intentions in mind. There is only one Mind, one Life, and that is Spirit, so why would It ever give anything less than Its best to Itself? Let's choose to dance in the rain!



Reverend Joe Kovach  
Senior Minister

*If you have questions or comments for Rev. Joe, please email [revjoe@cslstgeorge.org](mailto:revjoe@cslstgeorge.org).*

(Broadcast will start at 10:55am with announcements and video)

[FACEBOOK LINK](#)

[YOUTUBE LINK](#)

Community

Zoom

Conversation

12:00pm

[ZOOM LINK](#)

## April 2023 Weekly Talks

### **Living Out Loud! The Power of Vulnerability**

We will embark on a journey to explore the power of vulnerability with the key step of defining and gaining clarity around just what vulnerability is and why it is important. We will explore what often gets in the way of being vulnerable and what steps we can take to navigate this path. Vulnerability is a key ingredient in our own personal transformation as it creates an expanded awareness of what lies just below the surface. As we look at vulnerability through this lens, we will begin to see how vulnerability is a building block for a thriving and healthy community. We will end the month with a focus on how we can harness the power of vulnerability in living a life that is full of possibility... a life that is lived out loud.



### **CSLSG Senior Minister Reverend Joe Kovach**

#### *April 2nd - Defining and Aligning*

Whenever we embark on a new adventure it is important to know where we are and where we are going. Today we begin the journey towards a greater understanding of the power of vulnerability by exploring what it is, what it isn't, and why it's important. Vulnerability becomes the crucial starting point for authenticity and connection. To the extent that we begin to foster this in ourselves, we can begin to invite others to do the same.

#### *April 9th - Cracks and Crayons*

Fear, uncertainty, and comparison are just some of the many things that may arise when we set the intention of living life from a more vulnerable and authentic space. We will explore these areas as not something to push against, but instead opportunities to lean into and even befriend. It is through this understanding that each experience can be utilized as a guide on the path towards a greater awareness of ourselves and others.

## April 23rd - Seeing and Being Seen

We will explore how authenticity, connection and belonging are possible when we are able to bring our whole self to life while creating safe and affirming spaces for others to do the same. It is in this that the power of vulnerability is actualized through lives lived out loud.

**SPECIAL NOTE: This week's service will be pre-recorded so that the team can get familiar with our new once-a-month location for in-person services. The fun thing is that we will do our zoom conversation live from the space. So... Be sure to join in on the zoom conversation on April 23rd to get a sneak peek!!**



### *April 16th Guest Speaker* **Rev. Dr. Raymont Anderson**

#### Letting Go and Letting In

The more we can make friends with all the parts of us, the more we can begin to explore our ability to bring those aspects of ourselves to life in expansive ways. The more we are able to do this for ourselves, the greater our ability will be to create space for others to do the same.

**NEW GUEST SPEAKER:** Rev. Dr. Raymont Anderson is an ordained Centers for Spiritual Living minister and serves as the founding minister and the Spiritual Director of The Center for Spiritually Integrated Arts which is an affiliated Centers for Spiritual Living Teaching Center. He brings his years of being an artist, performer, educator, and lover of comics and film to all areas of his life and his ministry. He is a frequently sought-after guest minister/speaker at various Centers for Spiritual Living as well as Unity churches. In addition to his work in New Thought and, specifically, CSL, he teaches workshops related to American Sign language, Radical Self-Care, and Living with Purpose. He is also a professional visual artist, performing artist, author, and former public school teacher, college professor, and American Sign Language interpreter. When he is not teaching, speaking, writing, creating, etc., he spends time with family, which includes harassing and loving up his amazing grandkids.



### *April 30th*

#### **Practitioners Plugged-In:**

Chris McArdle, Mary Klein, Anita Schoeff,  
Bill Smith, Starr Starrett

#### Power and Possibility

Embracing, not avoiding, vulnerability becomes a catalyst for connection, expansion and evolution. It is through this that we begin to see the possibility for a radical cultural shift, one that prioritizes authenticity, connection and belonging. Collectively living life out loud.



**We believe the Power breathing us is greater than any circumstance, situation, or condition.**

*Our MISSION is to provide spiritual tools for personal and global transformation.*

*Our PURPOSE is to awaken humanity to its spiritual magnificence; to awaken our community to its Divine Nature and the greatest expression of who we are.*

*Our VISION is a world that works for everyone.*

## **Center for Spiritual Living St George Events and Information**



IN-PERSON Gathering and Annual Meeting

**Saturday April 8th**

10am - Noon

Socializing and Snacks

Financial Reports and Center Updates

Come gather with your friends and community!  
West Springs Clubhouse, 225 W Valley View Dr

**EXCITING NEWS FOR  
CSLSG!!**

As you know, we have had a committee working to find a temporary home for us to begin holding occasional in-person



Sunday services, in addition to our online celebrations.

### **WE HAVE SUCCEEDED!!**

Beginning **Sunday May 14th**, we will hold in-person services every second-Sunday on the lower level of the **St George Masonic Lodge** (entrance on 1990 St, white awning). Mother's Day is the perfect time to celebrate the birthing of our new chapter together.

**More details to come.**



### *Spread the Love!*

**Give with Zelle:** Zelle is a bank-to-bank transfer system. [HERE](#) are the instructions.

Email us if you need further

assistance: [treasurer@cslstgeorge.org](mailto:treasurer@cslstgeorge.org)

**Give Online:** Paypal link is on our website: [cslsg.org](http://cslsg.org) on the Donation page; or Paypal direct with **blue button below**.

**Give by Mail:** Send checks to CSLSG  
PO Box 3132, St. George, UT 84771

Paypal online donation

## Centers for Spiritual Living Opportunities

### **Member Council Invitation**

Want more information on what it means to be a member of Centers

## How to Connect with Us!

Like us on Facebook: CSL Member Connection

 [Facebook.com/groups/CSLlaity/](https://www.facebook.com/groups/CSLlaity/)

Subscribe to the CSL Member Council YouTube channel

 [CSL Member Council](https://www.youtube.com/channel/UC...)

Email us at: [CSLMemberCouncil@gmail.com](mailto:CSLMemberCouncil@gmail.com)

Sign up for the CSL mailing list: <https://csl.tfaforms.net/233>



for Spiritual Living? To have a place to make suggestions or comments about your experience? To connect with CSL members globally? Get newsletter updates? Or maybe even get more involved?

**The CSL Member Council invites you to check them out.**



**World Ministry of Prayer** commits to holding the light of an ever-expanding global consciousness, standing in Truth, Principle and Love.

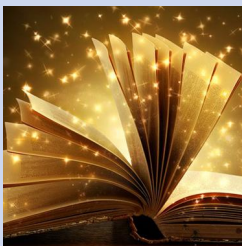
[CLICK](#) to request a prayer.



The **Heart of Peace Initiative** is a subcommittee of the Global Services Committee and is also dedicated to carrying the message of Science of Mind through peace to our international communities. [CLICK](#) to connect to: Monthly Newsletter Articles | Find a Meditation Group | Start a Meditation Group



**Spiritual Living Circles** are groups of people who come together to discuss articles that are published in the Guide for Spiritual Living: Science of Mind magazine. [CLICK](#) for more information.



**Centers for Spiritual Living Books** Explore our expansive library of books in the CSL Book Corner. Access spiritual insights from bestselling New Thought leaders, or take a journey through the timeless wisdom from Science of Mind Publishing.

[CLICK](#) for more information.



**Centers for Spiritual Living Education** - Resources are available for spiritual and professional development, practitioner programs, spiritual leadership, advanced degrees and chaplaincy.

[CLICK](#) for more information.

**Centers for Spiritual Living Spiritual Tools** Centers for Spiritual Living provides easy-to-use tools to nurture your inner self/your soul, so that you can live an inspired, healthy and happy life.

**Awaken your authentic self with prayer, affirmations and meditation.**



## St George Interfaith Council Opportunities

Help with food collection  
every month

on the second and last Saturday  
11:30 a.m. – 1:00 p.m.  
GRACE EPISCOPAL CHURCH  
1072 S 900E, St. George  
For more information, click [HERE](#)



# Food Collection

**St George Interfaith Choir** is led by **Kathy Brown** [kathybrown13@gmail.com](mailto:kathybrown13@gmail.com). **Singers are welcome** to join the St George Interfaith Council at any time.



**Reverend Jimi Kestin** announced new meetings for **12-step** that involves a deep dive of the 12 steps in a faith-friendly meeting. These will be held at Solomon's Porch and include the Biblical basis for the 12 steps, the goals and roots.



**Suicide Prevention Coalition** (through Southwest Behavioral Center) is looking for new Interfaith Council members. If you are interested in serving our greater St George Community in this way, please contact Teresa Willie at: [twillie@sbhcutah.org](mailto:twillie@sbhcutah.org)



**Centro Latino** serves to teach English and other services to help with the adjustment into this country.

Contact Mike Aitken at:  
[aitkenback@gmail.com](mailto:aitkenback@gmail.com)

**CENTRO  
LATINO**



(435) 720-5066

449 S 300 E, St. George, UT 84770

Recursos para ayudar a la comunidad  
Resources to help the Latino Community

Clases de Inglés Gratis Cada	English Classes Every Tuesday 7pm
Martes 7pm	Wednesday 7pm
Miércoles 7pm	Thursday 7pm
Jueves 7pm	Sunday 7pm
Domingo 7pm	



Visit our Website





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