



*Our PURPOSE is to love, teach, guide, and support a spiritual community in creating and living a life they love using Science of Mind and Spirit principles and practices.*

*Our VISION: Center for Spiritual Living St. George is a community-focused Center actively living, sharing, and nurturing its members and friends so that all may live their best lives.*

*Our MISSION: CSLSG is an open, inclusive, and evolving spiritual community that supports its Purpose and Vision through:*

- \*Sacred Wisdom Celebrations*
- \*Empowering, Transformative Education*
- \*Youth and Young Adult Programs*
- \*Dynamic Music Ministry*
- \*Community In-reach*
- \*Community Out-reach*



**2025 Rising Higher, Growing Deeper**  
**September: Transcendent Purpose**  
Week of September 21st

# Elevation of Awareness

**I elevate my awareness through practicing the presence of God.**

Visit our Website



## *September 21st* Elevation of Awareness

Living a spiritual life is like being on an elevator to expand our awareness. Through life's many experiences - whether up, down, or standing still - we grow and expand our understanding of truth principles. Our awareness grows regardless; what matters most is how we choose to act on it.



**Reverend Joe Kovach**

Spiritual Director

Senior Minister

*To contact Rev. Joe, please email*  
[revjoe@cslstgeorge.org](mailto:revjoe@cslstgeorge.org)



## **Live Inspirational Services**

In-Person

2nd and 4th Sundays

Online every Sunday

11:00am

(Online Live broadcast starts at 10:55am)

**FACEBOOK LINK**

**YOUTUBE LINK**

Community Zoom Conversation

After online-only services

12:00pm

**ZOOM LINK**



# Heart Evolution

## A COMMUNITY OF LOVE IN ACTION

Join us for the installation of  
Rev. Joe Kovach as Senior Minister and  
Rev. Rachael Dilling as Assistant Minister

Friday, October 17th  
6:00 pm

Location is provided in the RSVP confirmation letter

<https://cslsginstallation.eventbrite.com>

Seating is limited. Please RSVP as soon as possible.

## RSVP Before Sept 30th!

Use this link to the invitation for the  
**Heart Evolution** Installation:

<https://www.eventbrite.com/o/center-for-spiritual-living-saint-george-17623446580>

## Come Celebrate With Us!



### PRAYER REQUESTS

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

Email practitioners individually (click on their  
picture) at [cslsg.org/about](http://cslsg.org/about)

### **IN-PERSON SUNDAY CELEBRATION** **NEXT WEEK!**

**September 28th  
11:00am**

**Come join us and bring a friend!!**  
262 S Mall Drive



## Pride in the Park

Pride celebration 2025 in St. George will be **Saturday, September 27** in JC Snow Park from 11-5. The various

LGBTQ organizations and allies will have displays. CSL, as in prior years, will have a table to show our support for the community and to introduce CSL. **We will need volunteers to help staff the CSL booth. Please consider giving a bit of time to represent us!** We will have sign up sheets for 2-hour blocks at our in-person Sunday Celebrations. Come support and experience the Pride community celebration and entertainment!



## *Invest Your Time and Talent in Our Community!*

**We invite you to join in on the fun, companionship, and joy of service in our expanding Center.** It takes many hands to bring our vision into fruition. Here's how YOU can help:

- Organizing snacks for in-person services (Chat with Diana)
- Sound tech. Allen provides training - anyone can do it!
- Greeter at services. (Talk to Anna)
- Do a 2-3 minute reading at online services
- Help setup before in-person service (Just show up at 10am!!)
- Clean up after services (simply stay and lend a hand!)
- **Help with Rev Joe and Rev Rachael's installation. Planning is happening NOW, contact Rev Rachael if you want to help... the event is October 17th - see info above!**

Email [stgeorgecsl@gmail.com](mailto:stgeorgecsl@gmail.com), [revjoe@cslstgeorge.org](mailto:revjoe@cslstgeorge.org), or anyone on Core Council to discuss the possibilities (email addresses on website). Or talk to us in person!!

Visit our Website

*Invest Your Treasure in Our Community!*





**Give with Zelle:** [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 (grey button below): [cslsg.org](https://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

## THE DIGNITY INDEX

Ease Divisions. Prevent Violence. Solve Problems.

- 8 "Each one of us is born with inherent worth, so we treat everyone with dignity—no matter what."
- 7 "We fully engage with the other side, discussing even values and interests we don't share, open to admitting mistakes or changing our minds."
- 6 "We always talk to the other side, searching for the values and interests we share."
- 5 "The other side has a right to be here and a right to be heard. It's their country too."
- 4 "We're better than those people. They don't really belong. They're not one of us."
- 3 "We're the good people and they're the bad people. It's us vs. them."
- 2 "Those people are evil. They're going to ruin our country if we let them. It's us or them."
- 1 "They're not even human. It's our moral duty to destroy them before they destroy us."

Learn more at [dignityindex.us](https://dignityindex.us)  
or email us at [dignityindex@unite.us](mailto:dignityindex@unite.us)

## Building Skills for Dignified Disagreement

Honoring someone's dignity can be difficult, especially when situations get **heated**. Follow these steps when stress rises – and join the movement of Americans **easing divisions, preventing violence, and solving problems** by choosing dignity over contempt.

-  **Be curious, not furious**  
When there is a disagreement, approach it with curiosity, using language that invites dialogue.
-  **Regulate then debate**  
When you start to get upset, pause and take a breath before speaking.
-  **Listen to hear, not to respond**  
Really listen to the other person and consider summarizing briefly what you heard.
-  **Challenge ideas, don't attack people**  
Speak your truth but do it with dignity.
-  **Acknowledge knowledge**  
When someone else makes a logical or interesting point, acknowledge their point.
-  **Build up rather than tear down**  
Advocate, explain, and build up your idea rather than just attacking others' ideas and/or dehumanizing people.

### Take the Dignity Pledge:

*As an American who knows and loves my country, I am convinced there is no America without democracy, no democracy without healthy debate, and no healthy debate without dignity; therefore, I pledge to do more to treat others with dignity, not contempt.*

Visit our Website

Center for Spiritual Living St George | 435-893-6702 | stgeorgecsl@gmail.com | <https://www.cslsg.org>

STAY CONNECTED



Center for Spiritual Living St. George | PO Box 3132 | St. George, UT 84771 US

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