



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



## Living Out Loud! Playing with Paradox

**The paradox is one of our most valued spiritual possessions. Only the paradox comes anywhere near to comprehending the fullness of life.**

~ Carl Jung

[Visit our Website](#)

**Trick and Treat:  
Overcoming Fear and  
Embracing Faith: A  
Spiritual Perspective**

Dear Beloved Community,

In the ever-evolving tapestry of life, fear and fright often cast their shadows upon our hearts, challenging our faith and resilience. Yet, in the teachings of Religious Science, we find profound wisdom and guidance to help us navigate these turbulent waters and emerge stronger, wiser, and more spiritually awakened.



Ernest Holmes, the visionary founder of Religious Science, once wrote, "Fear is a belief in evil, and, as far as man is concerned, it is a negative form of faith." These words remind us that fear is not an external force but a product of our own thoughts and beliefs. It is the antithesis of faith, the cornerstone of our spiritual journey.

**Read on for the "Illusion of Fear"  
"Faith as the Antidote"  
"Navigating Life's Storms"  
"Practical Steps to Cultivate Faith"  
and A SURPRISE ENDING...  
... [CLICK HERE](#) for the rest of the article.**



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



### Sunday Gatherings

**Inspirational Service**  
In-Person 2nd Sunday  
Online every Sunday  
11:00am

(Online Live broadcast starts at 10:55am)



If you would like information about the financial status of Center for Spiritual Living St. George, please contact: [treasurer@cslstgeorge.org](mailto:treasurer@cslstgeorge.org)



### PRAYER REQUESTS **Our Practitioners want to support you in prayer.**

Please email your prayer request to [prayer@cslstgeorge.org](mailto:prayer@cslstgeorge.org) or email practitioners individually at [cslsg.org/about](mailto:cslsg.org/about)



### CSLSG Community Care Circle

Are you or someone you know interested in compassionate support with Life's challenges and joys.  
*Leave a message at*

[FACEBOOK LINK](#)  
[YOUTUBE LINK](#)

Community Zoom Conversation  
After online-only services  
12:00pm  
[ZOOM LINK](#)

435-893-6702  
to engage this free and  
confidential service



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

## **October 2023 Weekly Talks**

### **Living Out Loud! Playing with Paradox**

What if there was a way to embrace all of the contradictory ideas, thoughts, beliefs, and perspectives of the world instead of having to pick sides? There is! We can develop our paradox mindset, the ability to hold multiple opposite ideas at once, and in doing so find solutions to the greatest challenges our world faces.



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

##### *October 1st The Paradox Mindset*

We begin our playful exploration of paradoxes with some key definitions and ideas. What is a paradox? How do we develop a paradox mindset? What is Janusian thinking and how can it support us in deepening our spirituality and growing in Science of Mind? As we dive into this subject, we find that every answer leads to more questions and that there is really no one right way to look at anything. Instead, we must open ourselves up to hold many ideas and perspectives at once and truly embrace the paradox mindset that lives within us all.

##### *October 8th Getting Comfortable with Discomfort*

As we continue to play in paradox, it is imperative that we look at the polarities that exist in our lives. Attachment to one perspective or another often causes suffering. We must be willing to remain open to understanding alternative perspectives and then find a Third Way that encompasses the positive benefits of all aspects of a seeming polarity.

**THIS SERVICE IS IN-PERSON (and online) AT THE MASONIC LODGE.  
PLEASE SEE DETAILS BELOW.**

##### *October 22nd Tyranny of the "OR"*

Our world is full of polarities that are pushing us to the breaking point in many ways. We have been so committed to choosing either/or that we have been unable and unwilling to look at the solutions that may exist when we open to and embrace a new way of thinking. We are now at a tipping point that requires us to step into a new way of being or risk being swallowed by our old outdated mindset that is no longer working. We must release ourselves from the tyranny of the "OR" to embrace the Third Way waiting for us just past the unknown.

*October 15th Guest Speaker*



**Rev Steph St Amand**  
**Shaking Up Our Worldview**

Paradox calls us to be both curious and vulnerable. In our society, we are often taught that knowing and being right is more important than curiosity. We are also taught that we should only show the best parts of ourselves to the world, giving people the social media highlight reel rather than the behind-the-scenes mess that often exists. Yet playing with paradoxes offers us the ability to stay open to many perspectives, to not know, and to be vulnerable and uncertain. Approaching the unanswerable questions of the Universe with playfulness provides us with a unique opportunity to simply be, without needing to be right, or even know what right is.



**October 29th Guest Speaker**  
**Practitioners Plugged-In**  
**Genius of the "AND"**

Truly embracing the genius of the AND, our Paradox Mindset is the way forward. Science of Mind is uniquely poised at the tipping point of creating a world that works for all and we must utilize the power of our teaching to bring people together into the solution of a third way. As we embrace all aspects of life, navigating the ups and downs, working together to see the benefits of other perspectives than our own, and solving problems that were created at a time when solutions seemed impossible, we find that a paradox mindset is the natural next step in our spiritual evolution.



**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 SUNDAY SERVICE!**

**October 8th, 11:00am**

**Come join us and bring a friend!!**

**262 Mall Drive**

**Meet and greet at 10:30.**

**Stay after for a treat and socializing.**

Please remember the parking just outside the entrance (7 spots) is reserved for our guests with mobility needs.

### **Social Gathering**

**Tuesday, October 24th 6-9pm**

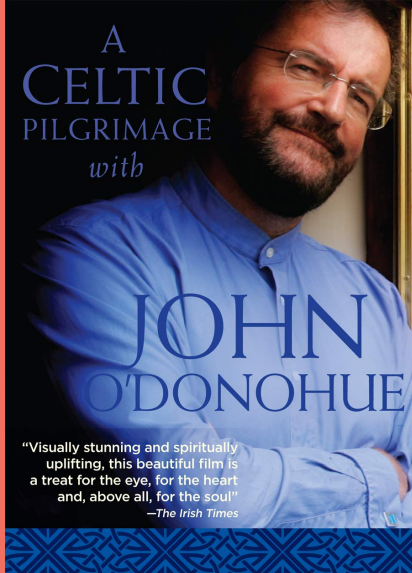
Ready to share a little time together?

Do you love John O'Donohue??

Come share a great

**John O'Donohue video & discussion.**

Bring a snack and a friend -  
all are welcome!



225 N Valley View Drive  
\$5 donation to cover clubhouse rental.

Email if you have questions  
or just show up:  
[marinaanderson@cslstgeorge.org](mailto:marinaanderson@cslstgeorge.org)

### **While we're waiting...**

...waiting for Divine timing to bring us our own special place and to relocate Rev Joe and his family, let's create the social connection that we are all so hungry for.

YOU can help.

Want to lead a hike, organize a game night, plan a picnic?

Dream up what you would like to do and let us know. We'll put it on the Center's calendar and advertise it in the newsletter and on our Facebook page.

*We're also creating a committee to coordinate social events - we'd love your help. Reply to this email to join it.*

**The Social Gathering above is the first - Now what's next?!**

### **Bylaws Revision**

We will be forming a short-term committee to refine and update our Center's bylaws. We would love for you to lend your voice.

Please eMail interest  
to [marinaanderson@cslstgeorge.org](mailto:marinaanderson@cslstgeorge.org)



### ***Abundant FLOW!***

**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



## Centers for Spiritual Living Opportunities



Centers for Spiritual Living has a lot to offer interested parties at [csl.org](http://csl.org). For example:

One of the longest published magazines in the country, Science of Mind magazine subscription can be obtained at: <https://scienceofmind.com/subscribe/>

CLICK to request a prayer at World Ministry of Prayer  
CLICK for Heart of Peace Initiative

CLICK for Spiritual Living Circles  
CLICK for CSL Books  
CLICK for CSL Spiritual Tools

## St George Interfaith Council Opportunities

**Faith and Blue** - Washington City Police Department BBQ  
Friday October 6, 6-7:30pm, Veterans Park, 75 E Telegraph St,  
Washington City.



**CROP Walk**, Saturday, **November 18**, 10am,  
Larkspur Park. Donations will to to feed the  
hungry locally and around the world. Register  
at <https://events.crophungerwalk.org/2023>



Help with food distribution  
on the second and last FRIDAYS  
10 a.m. – 12:00 p.m.  
Setup 9:30  
GRACE EPISCOPAL CHURCH  
1072 S 900E, St. George



**St George Interfaith Choir** November 15 "Simple Gifts" performance. To join rehearsals contact **Kathy Brown** [kathybrown13@gmail.com](mailto:kathybrown13@gmail.com). **Singers are welcome.**



Visit our Website



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

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