

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



Living Out Loud! **Embracing Self-Care**

Week of June 18th Pleasure

Promise yourself to think well of yourself and proclaim this fact to the world, not in loud words but in great deeds.

~ Christian D. Larson, The Optimist

Visit CSLSG Website







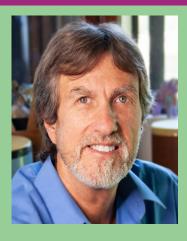
Our First Anniversary!!!

Celebrate our anniversary with Senior Minister, Reverend Joe Kovach, and send him a message of love and gratitude!!

Click here to send an email



Our path ahead is unfolding in Joy, Gratitude, Connection and Love!!



June 18th
Guest Speaker
Rev. Dr. Patrick
Harbula

For the JOY of It!!

Pleasure is a pleasant emotion of contentment felt deep within because of an event that builds positive feelings. It is the opposite of grief and

sadness. A wave of calmness washes over the body when it is felt, keeping the body and mind in a peaceful state. Pleasure is imperative in every self-care process because it is the summarized feeling of self-care. Every self-care aims to improve the emotions and feelings in you—pleasure is the aim. In the end, caring for oneself, including pleasing the body and mind is self-care.

Reverend Dr. Patrick Harbula has been a spiritual leader, counselor and coach for over 35 years and reaches hundreds of



PRAYER REOUESTS

Our Practitioners want to support you in prayer.

Please email your prayer request to prayer@cslstgeorge.org or email practitioners

or email practitioners individually at cslsg.org/about thousands with his writing, and personal and media appearances. Patrick is

- □ Author of The Magic of the Soul: Applying Spiritual Power to Daily Living, which is CSL curriculum Journey of the Soul, and the recently released book by St. Martin's Press, Meditation: The Simple and Practical Way.
- ☐ He is founder of the Living Purpose Institute and creator of the Life Coaching Certification Program and the Primal Fire Intensive on Catalina Island.
- ☐ He was ordained as an independent Religious Science Minister by the late Dr. Earl Barnum in 1985 and affiliated with CSL in 2010.
- $\hfill\Box$ He trained in spiritual psychology under the late Dr. Vivian King.
- ☐ He is also ordained and recognized as a Doctor of Divinity through Spiritual Unity Movement of which he was the president for 12 years.
- ☐ He founded Meditation magazine.
- $\hfill \Box$ He was formerly a Director for Sage Publications, a world-renowned social science publisher.
- ☐ Patrick will not be available after the service to sign his books, but you can purchase them on Amazon.com.
- ☐ Speaking on Radical Gratitude: An Entrance Into the Sacred, Please welcome Rev. Dr. Patrick Harbula



Reverend Joe Kovach Senior Minister

To contact Rev. Joe, please email revjoe@cslstgeorge.org.

Inspirational Service

Online begins at 10:55am

FACEBOOK LINK

YOUTUBE LINK

Community Zoom Conversation 12:00pm

ZOOM LINK



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

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

Our <u>MISSION</u> is to provide spiritual tools for personal and global transformation.

Our <u>PURPOSE</u> 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 <u>VISION</u> is a world that works for everyone.





Join us in the FLOW!

Give with Zelle: Zelle is a bankto-bank transfer system. <u>HERE</u> are the instructions. EMail us if you need further assistance:

treasurer@cslstgeorge.org

Give Online: Paypal link is on our website: <u>cslsg.org</u> on the Donation page; or Paypal direct with <u>blue button below</u>.

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

Paypal online donation

Community Volunteer Opportunity

Our Summer Feeding Program got off to a start and we are finding that we need volunteers to help at each site. There are two in St. George in particular that we



could use volunteers once a week, month, or whatever they feel they can offer us. The program runs from June $5^{\hbox{th}}$ through August 11 $^{\hbox{th}}$ 5 days a week.

The task is really simple...our volunteers help us hand out lunches to the kids in the park and help us keep inventory on what is given out. They also interact with the families there and we bring extra food to be given out as needed.

Angela Torres, Programs Manager SDC Utah Food Bank Southern Distribution Center 4416 South River Road St. George, Utah 84790 angelat@utahfoodbank.org
435-656-9122 Office
801-887-1259 Direct
801-739-4155 Cell
For donation and volunteer opportunities
www.utahfoodbank.org



Visit CSLSG 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

Unsubscribe stgeorgecsl@gmail.com

<u>Update Profile |Constant Contact Data Notice</u>

Sent bystgeorgecsl@gmail.compowered by



Try email marketing for free today!