



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](#)





SUMMER SOLSTICE

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 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)

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.

□ 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.

□ 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



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*



**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](#)

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.

Next IN-PERSON Service

July 9th 11am



Masonic Lodge



Join us in the 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

Give Online: Paypal link is on our website: [csmsg.org](https://www.csmsg.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

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 5th through August 11th 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



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