



*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

July: Rolling in the Deep

One of the lovely ways to pray is to take your body out into the landscape and to be still in it.

Visit our Website



Freedom

“The Divine Plan is one of freedom; bondage is not God-ordained. Freedom is the birthright of every living soul. All instinctively feel this. The Truth points to freedom under Law. Thus, the inherent nature of [humanity] is forever seeking to express itself in terms of freedom. We shall do well to listen to this Inner Voice, for it tells us of a life wonderful in its scope, of a love beyond our fondest dreams, of a freedom the soul craves.” — Ernest Holmes, “Religious Science,” pg. 10.1 (1932)

This all starts within each one of us. Therefore, I choose to say to myself, 'I'm calmer than the news, clearer than the noise. In my awareness, my anchoring is awakening.'

The world I see needs more presence consciousness and less reaction. Confusion thrives on speediness and awakening grows in stillness. Something that can bring all this to you is having conversations with your own heart; clarity is why many older adults are waking up to new ideas, a sense of calling even in and through retirement.

Source, God, The Universe is not finished with you, in fact, it may have saved your important work for last - and it may feel unfamiliar to you. Fear is fuel for the old you; every judgment, every angry reaction strengthens the ‘old way’ of living, refusing the life-source light, fighting to survive.

Choose Presence over panic. You are not here to panic, but to redirect energy to freedom, for everyone. That feeling of freedom inside you then shines out from the center of Being, and is shared with all. It is in the sharing of your experience; the Real You witnesses things without being consumed. If a conversation drains you, step back and choose peace. Refuse to go back to what has already failed. Become a new thread

of light for the world. Let fear fall like dust, dissolved. This isn't memory failure, it's energy realignment.

Spiritual practices can anchor your mind. Taking at least three deep breaths several times during the day helps to slow down the nervous system and bring awareness back to the present. Slow stretching or rocking motion keeps energy flowing. Humming soft music or even silence restores coherence. Journaling is a precious way for me to talk to my own spirit. Nervous system naps, even 10 minutes, works for me as well, and long baths with Epsom Salts. Permission to rest is not laziness - its energetic integration.

These are all sacred moments of adjustment. Sensitivity, once thought of as weakness, is now revealing itself as strength. You don't have to "fix" anything. Tune into the presence that is always around and in you - in your breath - your grounded kindness that ripples far beyond your circle.

Remember stillness over stimulation, depth over distraction. Our collective DNA is being upgraded. There is ONE LIFE I share with GOD, UNIVERSE, SOURCE, ABSOLUTE, whatever you choose to call IT. Starting here has brought me true FREEDOM, the freedom I share. It is where LOVE begins and extends.

"And right now, sometimes, you know I work for the liberation of all people, because when I liberate myself I'm liberating other people." — Fannie Lou

Stephanie Starrett, RScP
Practitioner

July 2025 Weekly Talks

Rolling in the Deep

This month, we delve into the depths of the ocean and the profound wisdom of historically marginalized and oppressed people. By diving below the surface, we uncover the richness that lies beyond superficial understanding. The ocean, with its vast darkness, becomes a place of safety and a powerful teaching tool. Here, we reframe light and dark, not as good and bad, but as essential elements in the ebb and flow of life.

Balance doesn't mean everything is in perfect proportion; it's about recognizing the unique contributions of different elements and perspectives. We question stereotypes, exploring the myths and realities surrounding sharks, who, like many marginalized groups, are often misunderstood and unfairly feared.

Learning from our ancestors, we honor their resilience and wisdom, while preparing to pass on these lessons to future generations. This theme



Reverend Joe Kovach
Spiritual Director
Senior Minister

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



Live Inspirational Services

In-Person

encourages us to embrace the unknown, appreciate the hidden depths, and find strength and safety in the darkness, promoting a more inclusive and nuanced understanding of our world.

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



CSLSG Spiritual Director
and Senior Minister
Reverend Joe Kovach

July 6th

Remember with the River Dolphins

Unlock the power within you and embark on a transformative journey with insights from *Undrowned: Black Feminist Lessons from Marine Mammals* by Alexis Pauline Gumbs.

Embrace the wisdom passed down through generations and shed the patterns that no longer serve you. Discover the path to living fully and authentically, guided by the divine intelligence that unites us all.



Practitioner
Bill Smith

July 13th

Breathe - It's Shark Week

How can you outgrow the limits that do not protect you? How can you unlearn the stories that keep you from being who you truly are?

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



Senior Minister
Reverend Joe Kovach

July 20th

Honor Your Boundaries

Boundaries are the way we take care of ourselves. A generative boundary protects and enhances life and moves us toward nourishing forms of adaptation. Can you learn to say a wholehearted yes and a wholehearted no?

Staff Minister
Reverend Rachael Dilling



July 27th
Go Deep

What does it take to go deep, below the surface of current events and social media reactions. What would allow you to look at what is under your actions?

THIS SERVICE IS IN-PERSON (and online) AT THE MASONIC LODGE.

PLEASE SEE DETAILS BELOW.

Center for Spiritual Living St George
Events and Information
<https://csl.org/>



PRAYER REQUESTS

Our Practitioners want to support you in prayer.

Email practitioners individually (click on their picture) at **cslsg.org/about**



IN-PERSON SUNDAY SERVICES!

July 13th AND 27th
11:00am

Come join us and bring a friend!!

262 S Mall Drive

Entrance at the white awning.

Meet and greet at 10:30.

Stay after for a treat (feel free to bring a dish to share!) and socializing.

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



Share Your Skills!

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!!)

- Cleanup after services (simply stay and lend a hand!)

Email stgeorgecsl@gmail.com, 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



USING THE LAW OF ABUNDANCE AND PROSPERITY

Give with Zelle: [HERE](#) are the instructions. EMail us if you need further assistance: treasurer@cslstgeorge.org

Give Online: Paypal link is on our website (grey button below): 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



To view
Core Council minutes, please email:
rickcannata@cslstgeorge.org



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

Centers for Spiritual Living Opportunities <https://csl.org/>

Centers for Spiritual Living has a lot to offer at csl.org.

Published for nearly 100 years, *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

<https://www.stgeorgeinterfaithcouncil.org/>



Check out the website below and join the movement to bring Peace On Earth. There is also an app: Peace, available in all smart phone play stores.



Peace On Earth
by 2030 (<http://peace2030.earth>)

English



STEPPING ON FREE CLASSES IN 2025!

This program has been proven to reduce the
risks of falls by 31%!



ARE YOU FEARFUL OF FALLING?

Did you know that falls are the leading cause of injury among older adults?

The good news is that falls can be prevented!

Join our 7 week free course to learn to help yourself with fall prevention.

YOU WILL LEARN

- Exercises to improve balance and strength
- Home safety tips to reduce fall risks
- Strategies for safe movement and mobility
- How to properly use assistive devices
- Tips on medication management



**SCAN THE QR CODE TO REGISTER ON EVENTBRITE OR
REGISTER BY PHONE**

Kathryn 435-986-2599

Erin 435-251-1031

Maria 435-673-3548 Ext.103

2025 CLASSES

Jan 14 - Feb 26 - Southwest Utah Public Health Department

Apr 15 - May 27 - IHC - St. George Regional Hospital

Jun 3 - Jul 15 - Southwest Utah Public Health Department

Oct 20 - Dec 1 - IHC - St. George Regional Hospital



Utah's maternal mental health referral network

Resources for anyone seeking help for maternal mental health



Maternal Mental Health

The Utah Maternal Mental Health Referral Network is a directory of healthcare professionals and organizations with specialized training in maternal mental health conditions.

The professionals listed on the network can help you and your loved ones with mental health questions and concerns throughout your parenthood journey—from planning your family, to experiencing infertility and loss, pregnancy, and during the postpartum period.

- ✓ Mental health therapists
- ✓ Support groups
- ✓ Doulas and more

If you or someone you know is experiencing a mental health crisis, call 988.



Access the Referral Network



04.23.2024



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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