



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



## Living Out Loud! Embracing Self-Care

**To be yourself in a world constantly trying to make you something else is a great accomplishment.**

~ Ralph Waldo Emerson

[Visit our Website](#)



## **Our First Anniversary is Here!!!**

One year ago, June 1st, our newly hired Senior Minister, Reverend Joe Kovach, began his journey with us!! We are celebrating this milestone!

Send Reverend Joe a message of love and gratitude!!

[Click here to send an email](#)

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



### **Living the Spirit of Truth!**

In the book *The Science of Mind: Definitive Edition*, Ernest Holmes wrote, "I am happy, well and filled with perfect Life. I live in the Spirit of Truth and am conscious that the Spirit of Truth lives in me. My word is the law unto its own manifestation, and will bring to me or cause me to be brought to its

fulfillment." In this infinite and perfect now moment, I align with the essence of this quote and feel the Divine Presence in thought and feeling as I read it over and over. I became a minister of Religious Science on February 28, 2022, just a little over a year ago. On June 1, 2023, I celebrate the one-year anniversary of being hired as the Senior Minister and Spiritual Leader of the Center for Spiritual Living St. George. As I contemplate this, like Holmes, I affirm I feel "happy, well, and filled with perfect Life!" One point of awareness I have taken from this past year is that although my role is to lead, I must continue to practice and use my spiritual tools daily.

The leaders that I admire most embody their teaching, no matter what their profession or discipline is. I desire to lead in the same way. One way that helps me keep this focus is to start my day by grounding in the "Spirit of Truth" that Holmes writes about. When I set each day's starting point firmly grounded in recognizing (one of the definitions of recognize is to "know again") that the Spirit of Truth lives in me and is



### **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**

Let us provide compassionate

expressing asand through me, I feel connected to all that happens. I may read the *Science of Mind* magazine, pray, meditate, or do all three. Now, consciously feeling connected to Life itself, I stay aware of my words and keep them aligned with what I seek to experience. Growing up, I did not consider being a religious/spiritual leader. Still, I did always enjoy being of service to people, particularly those that were not in a "good" place.

Looking at my journey to become a Senior Minister, I understand Holme's words about Spirit causing "me to be brought to its fulfillment." Holmes, who used many names for God, often called It Infinite Intelligence. Source/Spirit sees and knows all, because It is the All in form. It knows our every desire and how to co-create our perfect life. I honor and thank every member of the Leadership of CSL St. George for their dedication, passion, and desire to create the best spiritual community possible. I warmly thank them and each one of you for your support and ask for your continued prayers, knowing that our beloved community is evolving for its Best and Highest Good! I am authentically excited about the possibilities of where we are heading and place my trust in Infinite Intelligence to deliver it or have us be brought to Its fulfillment! And So It Is!



**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 will start at 10:55am with announcements)

[FACEBOOK LINK](#)

[YOUTUBE LINK](#)

Community Zoom Conversation

12:00pm

[ZOOM LINK](#)

support with Life's challenges and joys.

*Leave a message at  
435-893-6702  
to engage this free and  
confidential service*



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



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)



**June 2023 Weekly Talks**

# Living Out Loud!

## Embracing Self-Care

To live your life to the fullest, self-care must be embraced in daily practice to help you remember who you are. To know who you are, you must be aware of the unlimited possibilities that can be unlocked when you harness the potential of your Real beingness. Through self-awareness of the mind, body, and spirit you realize that you are a perfect entity and that you have all that you need for unlimited success and unconditional love.



### CSLSG Senior Minister Reverend Joe Kovach

#### *June 4th Evolution of Self-Care*

The evolution of self-care has taken several turns since its discovery. Self-care started in the 1950s in the medical field with a similar meaning as today. It included activities patients were advised to see their worth. This encouragement to see their worth would, in turn, help the patient cultivate healthier habits. As time went on, the term was used in other fields like the civil rights movement which encouraged the practice of self-care in order to continue the pursuit of equality.

#### *June 11th Balancing Grief and Joy*

Grief is an unavoidable emotion we all go through at some point in our life. We do not only experience grief when we lose someone dear to us; other life situations can cause grief as well. To embrace self-care in trying times, it is imperative to understand how to surf through the water of grief to joy.

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

#### *June 25th Personalizing the Infinite*

There are infinite possibilities waiting to be tapped. Everyone can be everything they imagined and more, if they only knew that they hold the key to unlocking their good. Personalization is taking ownership of the spiritual power that lies right inside you. Each one of us is responsible for allowing that spiritual being to express through you, as you, and in you, so you can be a light-shower to others. Just like objects, we can also personalize the infinite possibilities of the universe and become who we ought to be.



### *June 18th Guest Speaker* **Rev. Dr. Patrick Harbula**

#### Pleasure

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.



**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!**

**June 11th, 11:00am**

**We're excited to do it again!!**

We now gathering IN-PERSON on the second Sunday of each month. We had a great turnout on May 14th and look forward to seeing you all again on June 11th. (We will also broadcast live as usual for those who cannot be present.)

**BRING A FRIEND!!**



**Please arrive a few minutes early to meet and greet**

(doors will open at 10:30am).

**We will have treats to share after service,  
so plan to stay for a bit to connect.**

Please note that the parking just outside the white awning entrance (7 spots) is reserved for our guests who have mobility concerns. If you are not in need of special parking, please park in the regular parking on the NW side or on the street (S 1990 E St).



***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](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

Paypal online donation

**Centers for Spiritual Living Opportunities**

**Member  
Council  
Invitation**

Want more information  
on what it means to be

## How to Connect with Us!

Like us on Facebook: CSL Member Connection

 [Facebook.com/groups/CSLlaity/](https://www.facebook.com/groups/CSLlaity/)

Subscribe to the CSL Member Council YouTube channel

 [CSL Member Council](https://www.youtube.com/channel/UC...)

Email us at: [CSLMemberCouncil@gmail.com](mailto:CSLMemberCouncil@gmail.com)

Sign up for the CSL mailing list: <https://csl.tfaforms.net/233>



a member of Centers for Spiritual Living? To have a place to make suggestions or comments about your experience? To connect with CSL members globally? Get newsletter updates? Or maybe even get more involved?

**The CSL Member Council invites you to**

**check them out.**



**World Ministry of Prayer** commits to holding the light of an ever-expanding global consciousness, standing in Truth, Principle and Love.

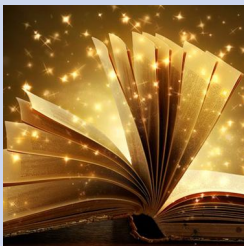
**CLICK** to request a prayer.



The **Heart of Peace Initiative** is a subcommittee of the Global Services Committee and is also dedicated to carrying the message of Science of Mind through peace to our international communities. **CLICK** to connect to: Monthly Newsletter Articles | Find a Meditation Group | Start a Meditation Group



**Spiritual Living Circles** are groups of people who come together to discuss articles that are published in the Guide for Spiritual Living: Science of Mind magazine. **CLICK** for more information.



**Centers for Spiritual Living Books** Explore our expansive library of books in the CSL Book Corner. Access spiritual insights from bestselling New Thought leaders, or take a journey through the timeless wisdom from Science of Mind Publishing.

**CLICK** for more information.



**Centers for Spiritual Living Education** - Resources are available for spiritual and professional development, practitioner programs, spiritual leadership, advanced degrees and chaplaincy.

**CLICK** for more information.

**Centers for Spiritual Living Spiritual Tools** Centers for Spiritual Living provides easy-to-use tools to nurture your inner self/your soul, so that you can live an inspired, healthy and happy life.



Awaken your authentic self with prayer, affirmations and meditation.

[CLICK](#) for more information.

## St George Interfaith Council Opportunities

Help with food collection  
every month

on the second and last Saturday  
11:30 a.m. – 1:00 p.m.  
GRACE EPISCOPAL CHURCH  
1072 S 900E, St. George  
For more information, click [HERE](#)

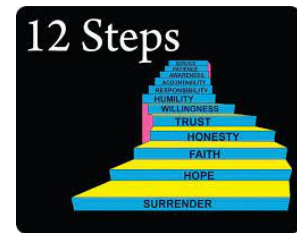


# Food Collection

**St George Interfaith Choir** is led by **Kathy Brown** [kathybrown13@gmail.com](mailto:kathybrown13@gmail.com). **Singers are welcome** to join the St George Interfaith Council at any time.



**Reverend Jimi Kestin** announced new meetings for **12-step** that involves a deep dive of the 12 steps in a faith-friendly meeting. These will be held at Solomon's Porch and include the Biblical basis for the 12 steps, the goals and roots.



**Suicide Prevention Coalition** (through Southwest Behavioral Center) is looking for new Interfaith Council members. If you are interested in serving our greater St George Community in this way, please contact Teresa Willie at: [twillie@sbhcutah.org](mailto:twillie@sbhcutah.org)



**Centro Latino** serves to teach English and other services to help with the adjustment into this country.

Contact Mike Aitken at:  
[aitkenback@gmail.com](mailto:aitkenback@gmail.com)

**CENTRO  
LATINO**



(435) 720-5066

449 S 300 E, St. George, UT 84770

Recursos para ayudar a la comunidad  
Resources to help the Latino Community

Clases de Inglés Gratis Cada	English Classes Every Tuesday 7pm
Martes 7pm	Wednesday 7pm
Miércoles 7pm	Thursday 7pm
Jueves 7pm	Sunday 7pm
Domingo 7pm	



Visit our Website



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