



*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*



August 2025

2025 Rising Higher, Growing Deeper

August: On the Wings of Love

The Buddha taught that it is possible to live twenty-four hours a day in a state of love. Every movement, every glance, every thought, and every word can be infused with love.

Visit our Website

On the Wings of Love

The Spirit within me guides me, sustains me, and maintains me in perfect peace.

– Ernest Holmes



This hasn't been an easy season, and love hasn't always looked soft. It's looked like showing up again and again, even when it was hard. Like crying quietly in the car before walking back into the room. Like staying present when I wanted to disappear. It's looked like navigating chaos—inner and outer—with whatever grace I could muster.

I didn't plan to step away from CSLSG. I thought maybe a week or two. But life had a louder voice, and Spirit had something else in mind. First came the overwhelm—politics, fear, noise. I couldn't make sense of the world, let alone the news. It hurt to see people I love unravel. And slowly, I stopped trying to fix it. I turned inward. Something deep in me said: you need to go quiet.

I didn't want to be taught. I wanted to live the teaching.

That's when the real launching began. I was pulled into trauma I didn't ask for—my brother's decline, family health scares, hard decisions, heartbreak. There were moments I didn't know how I'd make it through. But I kept going. I stayed with the breath. I used the tools. I prayed—sometimes loudly, sometimes through tears. I soared in moments I didn't expect to.

But turbulence hit too. More than once. The kind that shakes you from the inside out. Still, I found something profound: I could stay grounded and still be held. Even in descent, I was carried.

Sometimes, letting go of something that's guided you for years can feel like loss—but it can also become the doorway to deeper integration. I didn't walk away from this teaching. I walked into it. Not the theory—but the living, breathing, everyday experience of it.

It's one thing to sit in Sunday service and carry the inspiration into your week. But it's another to live the principles when life is heavy, messy, and real. That's what I've been doing. I didn't know that's what I was choosing—but looking back, it's clear. Spirit chose for me.

And now, wherever life leads from here, I remain deeply grateful—for Ernest Holmes, for this teaching, and for all of you at CSLSG. This practice is home, no matter where I stand.

With all my heart,
Christopher

Christopher McArdle, RScP
CSLSG Practitioner

August 2025 Weekly Talks

On the Wings of Love

In the opening chapter of *The Science of Mind*, Ernest Holmes wrote, “This, then, is the teaching: Love and Law.” This month, our focus is on the Love in this teaching. Love, when embraced, has the power to elevate our relationships with ourselves and all of life, guiding us to new heights. By surrendering to and exploring the intricate complexity of the Law in action through our Love, we can experience profound transformation. We will delve into the unique aspects of Love’s transformative power.

Often, Love is seen as an idea or ideal—a state to be attained. However, Love is truly realized in our actions, choices, and behaviors. Embracing and exploring the ever-changing aspects of Love is how we keep it alive, whether in meditation with ourselves or in communication with another. Love begins and grows, but it can also dull or become stagnant. May this month create the space for us to soar high and stay grounded in Love, allowing it to flourish in all its forms.



CSLSG Spiritual Director
and Senior Minister
Reverend Joe Kovach

August 3rd
Launch of Love

Begin your journey by understanding the foundations of Love. Discover how love starts within and radiates outward, setting the stage for deeper connections and a more compassionate world.

August 10th
Love's Ascent



Reverend Joe Kovach
Spiritual Director
Senior Minister

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



Live Inspirational Services

In-Person
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

Experience the uplifting power of love as we explore how it elevates our spirits and enhances our relationships. Explore practical ways to cultivate and nurture love in your daily life.

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

August 17th
Soaring in Love

Dive into the boundless freedom and joy that Love brings. Understand how living with an open heart allows you to soar to new heights, experiencing life with greater fulfillment and purpose.



Assistant Minister
Reverend Rachael Dilling

August 24th
The Turbulence of Love

Acknowledge and navigate the challenges and conflicts that Love can present. Gain insights into maintaining harmony and resilience through mindfulness and deep understanding during turbulent times.

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



Practitioners Plugged-In

August 31st
Love's Descent

Let's conclude our month's journey with a gentle descent, reflecting on the lessons learned and grounding them into everyday life. Embrace the landing of Love as a continuous process of growth and renewal.

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

SAVE THE DATE!
More details to come:



Heart Evolution

A COMMUNITY OF
LOVE IN ACTION

Join us for the installation of
Rev. Joe Kovach as Senior Minister and
Rev. Rachael Dilling as Assistant Minister

Friday, October 17th
6:00 pm
Location TBA

Seating is limited. Please RSVP as soon as possible.



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!

**August 10th AND 24th
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.



***Invest Your Time and Talent
in Our Community!***

**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!!)
- Clean up after services (simply stay and lend a hand!)
- **Help with Rev Joe and Rev Rachael's installation. Planning is happening NOW, contact Rev Rachael if you want to help... the event is October 17th - Save the Date!**

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



***Invest Your Treasure
in Our Community!***

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



To get information about the financial status of Center for Spiritual Living St. George, please email:
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/>

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



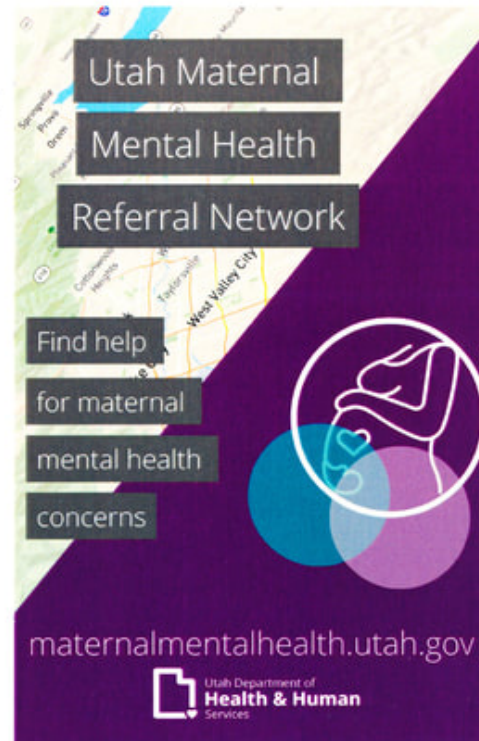
Maternal Mental Health

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

BE A PILGRIM!

Pilgrim Paths Camino Francés - León to Sarria with Joyce (2026)

To walk on the Camino de Santiago is to set sail on a river of time. Every ancient church tower, every proud castle, every silent ruin, every rusting, ringing bell has a story to tell the passing pilgrim. These landmarks are the rugged and rounded boulders in the river, silently testifying to the hands that long ago placed them here...See more at website



<https://pilgrimpaths.wetravel.com/trips/pilgrim-paths-camino-frances-leon-to-sarria-with-joyce-2026-pilgrim-paths-18085918>

Reverend Joyce DeToni
United Methodist Church

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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