



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



Living Out Loud! Light Within the Shadows

**Little by little, you will turn into the whole sweet, amorous universe.
Love will surely burst you wide open into an unfettered, booming new
galaxy.**

~ Rumi

[Visit our Website](#)

**Welcome to the
Fifth Month of 2023!**

This month's theme is "Light Within the Shadows" and I love the ideas it brings to mind!



[PRAYER REQUESTS](#)



I love the month of May because I am a huge hockey fan and May is playoff time. Hockey is unlike any other professional sport. Making it to the National Hockey League (NHL) takes great talent, skill strength, and a good hockey sense. By the playoffs, teams will have

played 82 games, and only 16 teams will have made it for a chance to win the Stanley Cup and be world champions. The playoffs are like a brand-new season. It always amazes me how players and teams rise to a new level of competition. The excitement and intensity are at a constant 10 out of 10. The hits are harder and come more frequently, the passes connect more often, and the shots score with pinpoint accuracy. There are often players who struggle during the regular season, who turn up their game and become heroes - inspiring their teams to victory. There are also teams that barely make it to the playoffs and then beat the top teams with ease.

While it is amazing to watch, I have to ask myself, "Why didn't they play like that all year?" Both the individual player and the team already had the ability or "the Light," so why didn't they shine? Why did they instead choose to stay in the shadows? One time as I pondered this, I realized it was really a judgment that I was having of others. So, I decided to turn inward and ask myself the same question. "Well, Reverend Joe, why don't you always show up being your best self, especially when you know you have more to give?"

Let me tell you, my mind went into a defensive battle, and every excuse I knew came up, with a few that were new. Honestly, I am still working out the answer. Often when the shadow is revealed, when we show up as less than our best Selves, it can get messy. There are two sayings in *Science of Mind* that we can use to assist us in remembering the Light within the shadow. These two sayings appear to be contradictory, but I believe they are saying the same message from two different points of awareness.

The first saying is "Things have to be revealed to be healed," and the second is "There is nothing to be healed, only Truth to be revealed." We can use both of these viewpoints to assist us when we discover that we are not showing up as our best Self. We can be thankful that this area of shadow revealed itself so that

Our Practitioners want to support you in prayer.

Please email your prayer request to prayer@cslstgeorge.org or email practitioners individually at cslsg.org/about



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



To view Core Council minutes, please email: suegfullmer@gmail.com



it can be healed and be seen through God's loving eyes. This is a positive step. I can also choose to remember there is ONLY LIGHT, ONLY LOVE, and ONLY GOD! Nothing is outside of God, it cannot be. Knowing this, I pray to be shown the Divine in this circumstance. "Spirit, show me the blessing in this experience." We can remember that there cannot be a shadow without Light, and the darker the shadow, the brighter the Light.

Going back to my hockey playoffs, I realized that knowing there are teams and players that are going to rise up, even though they could have all during the regular season, is what makes the playoffs so exciting! Otherwise, it would just be more of the same, which wouldn't allow for a greater experience.

No matter what kind of season we are in, let us be easy with ourselves, help others in our communities, and remember we are all in this game together.



Reverend Joe Kovach
Senior Minister

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

If you would like information about the financial status of Center for Spiritual Living St. George that was presented at the Annual Meeting in April, please contact: treasurer@cslstgeorge.org

Online Sunday Gatherings

Inspirational
Service 11:00am

(Broadcast will start at
10:55am with
announcements and
video)

[FACEBOOK LINK](#)
[YOUTUBE LINK](#)

Community
Zoom
Conversation
12:00pm
[ZOOM LINK](#)

May 2023 Weekly Talks

Living Out Loud! **Light Within the Shadows**

Light and dark co-exist together and cradle each other in support. There isn't one without the other. They each have their own traits and characteristics. They may seem to operate independently, but actually they are a pair that work in unison as complements within the spectrum. Generally, we have learned to embrace the light as good and avoid darkness as bad given its unknowns and mystery. However, the two work powerfully in synergy together. This month we are exploring how to appreciate and welcome both light and dark for what they each bring and offer the other.

CSLSG Senior Minister
Reverend Joe Kovach

May 7th The Inner and Outer Spectrum

As spiritual beings living a human experience, we live from both the inner and outer spectrums of life. We process



internally or inwardly through our thoughts and emotions. We express outwardly as we interact with others and life. Both provide information, color, and flavor to the whole experience of life. Both have depth and breadth and help shape our combined reality. Both the inner and outward spectrums are necessary for our growth and evolution. When in alignment, they work in harmony and healthy partnership in our lived experiences.

May 14th Unlearning the Fear of Darkness

We have likened darkness to evil for eons. We've been taught to fear instead of embrace the darkness. The darkness is the fertile space of creation, creativity, and the womb. The darkness gives birth to the light. In order to appreciate the beauty of the darkness, we have to unlearn the stigmas about it. What if we partnered with the dark instead of fearing, controlling, or labeling it? What if we held the unknown with wonderment instead of fear? These healthy shifts would help change our relationship to darkness and help us encircle the shadows and the light.

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

May 21st Twinkle, Twinkle Little Star

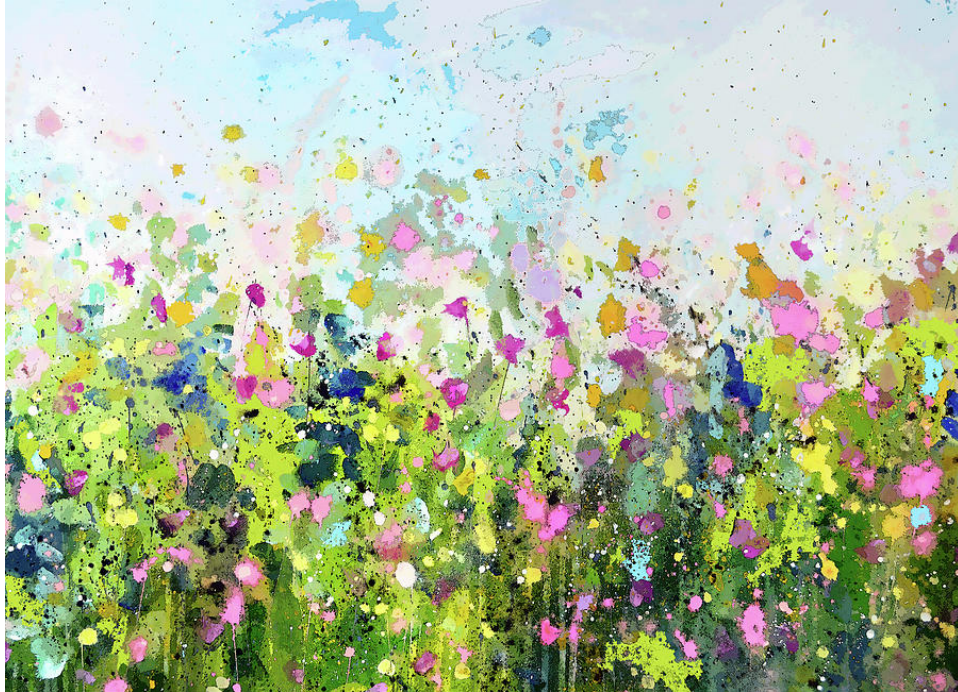
Stars shine in daylight, but we cannot see their twinkle without the darkness of night. Just like the water in the ocean is always glistening and sparkling, we cannot see the sparkles on the water without the illumination of the light. There is a complementary partnership of the light and shadows that illuminates the richness of each. While it may seem that one may overpower the other, actually one cannot be seen without the support of the other. When we can appreciate both, we welcome levity of light and the depths of darkness to create balance and wholeness.



May 30th Guest Speaker **Rev. Dr. Raymont Anderson**

Lights! Camera! Action!

We have to show up and engage in order to participate. What role are we playing? Can we make our performance genuine, honest, and authentic, or is it all for show because we're filming? If we don't take center stage and be the star of our own performance, then we give silent permission for others to decide the details of our film and the destiny of our life. Some want to live in the dress rehearsal without moving on to the real thing because we're afraid of messing up, drawing too much attention, or being bold and living out loud.



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!



Mother's Day May 14, 11:00am

Beginning **Sunday May 14th**, we will hold in-person services every second-Sunday on the lower level of the **St George Masonic Lodge, 262 S Mall Dr** (entrance on 1990 St, white awning). Mother's Day is the perfect time to celebrate the birthing of this new chapter together.

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

Give Online: Paypal link is on our website: 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

Centers for Spiritual Living Opportunities

**Member
Council
Invitation**


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

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



Want more information on what it means to be 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.

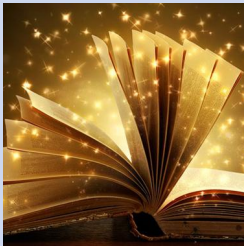
[CLICK](#) to request a prayer.



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. **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



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

Contact Mike Aitken at:
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	English Classes Every
Gratis Cada	Tuesday 7pm
Martes 7pm	Wednesday 7pm
Miércoles 7pm	Thursday 7pm
Jueves 7pm	Sunday 7pm
Domingo 7pm	



Visit our Website



Center for Spiritual Living St. George | PO Box 3132, St. George, UT 84771

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