



*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*



OCTOBER  
2025

## 2025 Rising Higher, Growing Deeper October: Glow Up

**One of the best things each of us can do—not only for ourselves, but also for our children and grandchildren—is to metabolize our pain and heal our trauma.**

— Resmaa Menakem, *My Grandmother's Hands: Racialized Trauma and the Pathway of Mending Our Hearts and Bodies*

[Editor's Note: This is a very powerful book for healing, compassion, and perspective! I highly recommend it.]

[Visit our Website](#)

### Welcome to October at CSLSG.

Can't you just smell the pumpkin spice coming through this newsletter?! CSL's theme for October is "Glow Up", where we will be investigating how we use Spiritual Principles to promote our collective healing. This will be the week one theme. Week two coincides with Indigenous People's Day and the talk will center around our reverence for Earth and how doing so honors Native Americans and their respect

for the land. Week 3's theme is "Inner Illumination", where we will be honoring the Hindu tradition of Diwali, celebrating the spiritual victory of light, goodness and knowledge. The last week in October, in lieu of a Halloween celebration, we will be investigating "Life and Death" and the spiritual practice of honoring the dead.

And don't forget about our installation ceremony, which is scheduled for Friday, October 17th . We will take this opportunity to formally, officially welcome our Senior Minister, Reverend Joe Kovach, and our Assistant Minister, Reverend Rachael Dilling. It promises to be a moving, exciting, and fun-filled evening with the whole CSLSG Community!



If all this isn't enough excitement for you, I want to remind you that instead of the two in-person services we normally have, this month will have THREE in-person Sundays. On October 12th, Rev. Joe will be speaking. On October 19th, Rev. Joe and Rev. Rachael will both be speaking. And, on October 26th, I will be giving the talk. What a fantastic month October promises to be. I'm looking forward to seeing you all as we practice our "Glow Up".

**Blessings,  
Bill**

Bill Smith, RScP  
Practitioner

## **October 2025 Weekly Talks**

### **Glow Up**

Ten months into Rising Higher and Growing Deeper, we're experiencing a glow up! New Thought communities all over the world are utilizing spiritual principles to participate in our collective healing. We don't become brand new people overnight. Community connection, spiritual practice, and time have transformed us into the magnificent, wise, and inspiring people we are today. The work we're doing on ourselves is changing the world. At this very moment. Our spiritual work supports our world in experiencing a glow up unlike we've ever



**Reverend Joe Kovach**  
Spiritual Director  
Senior Minister

*To contact Rev. Joe, please email  
[revjoe@cslstgeorge.org](mailto:revjoe@cslstgeorge.org)*



**Live Inspirational Celebrations**

known.

In-Person  
(2nd and 4th Sundays)  
**THIS MONTH LAST 3 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**



**Don't Miss Anything!!!**

**We have THREE, count them THREE, in-person celebrations in October!!!**

**We hope to see you all three weeks!!**



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CSLSG Spiritual Director  
and Senior Minister  
**Reverend Joe Kovach**

*October 5th*  
*The Ultimate Glow Up*

Spiritual transformation is the ultimate glow up! As we are nearly through the year with Rising Higher, Growing Deeper, our glow up must be showing in our spirit, in our bodies, and in our lives.



*October 12th*

*The Holy Land is Everywhere*

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

Giving reverence for the Earth is a true glow up. In honor of Indigenous Peoples Day, let's find inspiration from Native American traditions to honor our land as holy.

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**Reverend Joe Kovach  
AND  
Reverend Rachael Dilling**  
*October 19th*  
*Inner Illumination*

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



Diwali, also known as the “Festival of Lights,” is a Hindu tradition that symbolizes the spiritual victory of light, goodness, and knowledge. This week, we are invited to celebrate these sacred qualities in honor of our Hindu family.

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Practitioner  
**Bill Smith, RScP**

*October 26th*  
*Life and Death*

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

What would you do if you knew that when you die you would have the opportunity to return to this life and be honored? How would you like to be remembered?



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

**See You There OCT  
17th!**





# 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



### PRAYER REQUESTS

**Our Practitioners want to  
support you in prayer.**

Email practitioners individually (click on their  
picture) at [cslsg.org/about](http://cslsg.org/about)



### **IN-PERSON SUNDAY CELEBRATIONS!**

**October 12th, 19th, and 26th  
11:00am**

**Come join us and bring a friend!!  
262 S Mall Drive**



### ***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 - see info above!

Email [stgeorgecsl@gmail.com](mailto:stgeorgecsl@gmail.com), [revjoe@cslstgeorge.org](mailto:revjoe@cslstgeorge.org), or anyone on Core Council to discuss the possibilities (email addresses on website). Or talk to us in person!!



## BUILDING *global* RESILIENCE

### St. George Area CROP Walk

Communities Responding to Overcome Poverty  
Sponsored by St. George Interfaith Council

**Saturday, November 8, 2025, 10:00 AM**

Larkspur Park, Bloomington Hills  
Corner of Fort Pierce Dr & Larkspur Rd.

**Join us to Walk to End Hunger**

*CSL St George Contacts*  
*Marina Anderson [marinaanderson@cslstgeorge.org](mailto:marinaanderson@cslstgeorge.org)*  
*Tim McGeachy [timmcgeachy@cslstgeorge.org](mailto:timmcgeachy@cslstgeorge.org)*

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](mailto:treasurer@cslstgeorge.org)

**Give Online:** Paypal link is on our website (grey button below): [cslsg.org](https://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](mailto:rickcannata@cslstgeorge.org)



To get information about the financial status of Center for  
Spiritual Living St. George, please email:  
[treasurer@cslstgeorge.org](mailto:treasurer@cslstgeorge.org)

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

**Centers for Spiritual Living has a lot  
to offer at [csl.org](https://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/>



# THE CAMINO DE SANTIAGO

A JOURNEY OF THE HEART

SUNDAY OCTOBER 12

TIME: 4:00 PM

JOIN US AS  
REV. JOYCE DETONI-HILL  
AND FRIENDS SHARE  
STORIES , PHOTOS, HISTORY,  
AND CULTURE ABOUT THIS  
SPANISH PILGRIMAGE  
ALONG AN ANCIENT WAY



SHEPHERD OF THE HILLS UNITED METHODIST CHURCH FELLOWSHIP HALL  
920 TONAQUINT DR. ST. GEORGE



# The Ripple Effect

**FRIDAY  
OCT 17**

GET YOUR TICKETS



[tinyurl.com/HOHSTG25](https://tinyurl.com/HOHSTG25)

**6:00 PM**

SMCC - St. George  
3158 E 2000 S  
St. George, UT

## LEARN ABOUT HOLDING OUT HELP'S SOUTHERN DIVISION

Holding out HELP provides those from a polygamous culture the care, support and resources to become independent & self-sufficient.

- Silent Auction followed by Benefit Dinner
- Emcee Sam and Melissa Zitting from Growing Up in Polygamy Podcast
- Attire: Business Casual



# Faith and Resilience Through Life's Transitions

A FAITH LEADER SUICIDE PREVENTION SUMMIT



**Keynote Speaker:** Mike Petrow, Ph.D Director of Content Development at the Center for Action and Contemplation. Spiritual Director, Certified Grief Counselor.

**OCTOBER 30 FROM 8:30 AM TO 3:00 PM**

THE CONFERENCE CENTER MILLER CAMPUS SLCC  
9750 S 300 W, SANDY UTAH

# 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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