



*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
November: Loving the Unlikeable

...life is not a matter of taste, but of awakening, not a matter of

finding things pleasing or disturbing, but of finding things
completing, not a matter of liking or disliking, but of opening the
geography of one's soul.

— Mark Nepo, *The Book of Awakening*

Visit our Website

The Unlikeable, What Lies Beneath, and Collateral Beauty

As I sit in my beautiful room contemplating what I shall share with you this November, I am struck by myriad thoughts about where this month's theme might take me. Truth be told, there are many things and experiences that seem unlikeable, at least at first glance. Is the important thing in life that we are supposed to like it? Or is it more important to be able to see what is and learn to accept it, challenge it, like/love it... or simply grow toward some new perspective and understanding?



Popping in my head are thoughts about the rain. I come from Oregon so I love the rain, but, there and here, we often react positively and negatively to this natural phenomenon. *It ruined my party. It's cold. I'm wet. Oh, how my plants love the rain! We sure need the rain. Oh dear, we're flash flooding again!* Rain, however, just is. It will always rain, more or less according to my location and the season, of course, but can I learn to simply accept or embrace it? Can I learn to dance in the rain until the storm passes?

Those that know me well will recognize that I talk about collateral beauty a great deal - the grateful recognition that amazing things come in the wake of life events that we label as tragic, sad, hard, or challenging. This has become an important perspective for me as I've lived these past seven decades. My thoughts are also swarming with the lessons from my work with Marshall Rosenberg's *Non-Violent Communication*. I learned and experienced through the years that there is always something beneath what is happening and how we are reacting. Met and unmet needs. A history of trauma. Ordinary life events that shift our perspectives and cause us to be triggered. Through my practice and developed awareness, I have learned (imperfectly, of course) to pause and consider. To be curious. To respond rather than react. (Again, imperfectly.)

To illustrate my experience with all of these ideas, I'd like to share a story from a couple years ago about conversations and observations with my son, Rick, in Oregon. He and his wife, Kim, live in a cute little green house in an old homey neighborhood in the state's capitol. One day as we chatted on the phone, Rick told me of his frustration with the next door neighbor whose front yard was thigh high weeds. He complained that this woman was disrespecting their modest little neighborhood (he had only ever observed one person there; a perhaps middle-aged woman). He noted the dilapidated fence in the back around an equally unkept yard. He expressed concern because the two very large dogs were often tied up in the backyard and never allowed to roam freely. He was very concerned about their well-being. His angst grew as he added detail upon detail.

I asked a few questions because I was curious about what might lie beneath this woman's story. Was she living alone? Was she physically able? Was there nobody to help her? Did she have a mower? Did she not have the money to pay for upkeep and repairs? Could she handle the dogs? Together, we both got curious.

Fast forward a couple weeks to Rick and I again chatting. It turns out that he had taken his observations and curiosity to the next level. He walked over, knocked on her door, and made an introduction. She was living alone and on a modest income. She was at least moderately able but had no tools or help. Because the fence was not sturdy, she had to tie up the dogs so they didn't escape. They were large and hard to manage on leash. A challenging situation indeed. The collateral beauty of Rick discovering the story beneath his frustrations and observations? He "weed-eated" her yards. He helped her shore up the fence. The neighborhood is now neater. And... he and his wife have a beautiful and friendly relationship with their next door neighbor. I don't know for

sure, but I can imagine that this woman is grateful for the help and might have a renewed sense of belonging and community. She might even enjoy her yard and her dogs more. Bravo, Rick, for paying attention and discovering some curiosity, and Bravo! for your courage to reach out and lend a hand.

I was and am inspired to react less, be more curious, and know that I can take action to make a difference in small and large ways in my very own neck of the woods.

**In Gratitude and Joy,
Marina**

Marina Anderson
Core Council President



Reverend Joe Kovach
Spiritual Director
Senior Minister

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

November 2025 Weekly Talks

This month, we are exploring the concept of things we typically find unlikeable—such as creepy crawlies, annoying people, and challenging situations we prefer to avoid. Our goal is to reframe these perceptions, transforming the unlikeable into the loveable.

We will examine why we find certain things unappealing, delve into exploring the hidden aspects of what lies beneath our feet. That will lead to a deeper conversation about being Grateful and exploring consciousness through the lens of our understanding of the natural world, life, and Oneness.



Live Inspirational Celebrations

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



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

*November 2nd
Decoding Unlikeability*

We will explore the concept of "unlikeability" and differentiate between personal preferences and inherent worth. By choosing love over judgment, you can discover how to live in alignment with your values of Oneness and

unconditional love.

November 9th
The Beneathness

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

Discover the hidden wonders of the “beneathness,” where the unseen layers of life nourish and sustain our world. Dive into the intricate dance of decomposition and renewal that enriches both nature and our personal journeys.

November 16th
Opinion, Fact, or Truth

Do the beliefs you hold fall into the category of an opinion, a fact, or a truth? When you hold a belief that is revealed to be a false opinion or debunked fact, are you open and willing to change your belief? What do you hold as truth that others disagree with? What do you do when someone you love fundamentally disagrees with a value you hold dear?

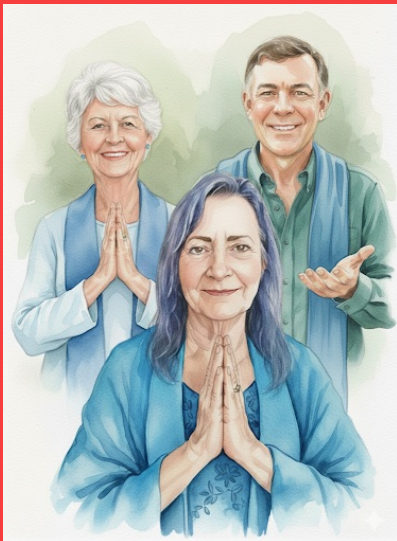


Reverend Rachael Dilling
November 23rd
Grateful for Kith and Kin

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

Explore the profound connections between all beings—from wildlife to bacteria and everything in between. Each of us plays a vital role in our unique ecosystems and environment. How can understanding and appreciating this relationship

transform our world?



Practitioners Plugged-In

November 30th
Soul of an Octopus

Dive into “The Soul of an Octopus” by Sy Montgomery, and uncover the profound intelligence and personalities of these fascinating creatures. Explore how these misunderstood beings reflect the divine essence of life, challenging our preconceived notions of Oneness. Join us on a journey of empathy, respect, and interconnectedness with all.

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 CELEBRATIONS!

November 9th and 23rd

11:00am

Come join us and bring a friend!!

262 S Mall Drive



Winter Solstice Event

at Kayenta Labyrinth

792 N Kayenta Dr, Ivins, UT 84738

Sunday, December 21st from 4:00–6:00pm

Bring:

- **Light**
(candle or lantern)
- **A percussion instrument**
(drum, tambourine, rattle, Bongos, ect)
- **Seating**
- **Warm clothes**

**Join us in
community, as we
honor nature and
the coming of
more light**



***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. 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
- Learn how to stream our services (Talk to Marina or Bill)
- Help setup before in-person service (Just show up at 10am!!)
- Clean up 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!!

ST. GEORGE AREA CROP WALK **Sponsored by St. George Interfaith Council**

The CROP Hunger Walk (Communities Responding to Overcome Poverty) is an annual event to raise funds to "end hunger one step at a time" locally, nationally and internationally. Starting as the Christian Rural Overseas Program in 1947, CROP began as a way for farmers to donate food and crops to those facing poverty. Since then, the program has grown throughout the United States. Our participation impacts individuals and families in more than 30 countries through the Church World Service. About 25% of the funds raised benefit the local community through the Utah Food Bank, Solomon's Porch, Switchpoint and others. **Last year the St. George CROP Walk raised \$10,200 for those in need.** Beginning next Sunday, pledge cards will be available at our in person services.

You can pledge to walk and get others to join your pledge but you do not have to walk to pledge! The walk is 6 miles reflecting the miles that many in third world countries must walk to obtain food.

The CSL Coordinator is Tim McGeachy, 435-275-5867.

Saturday, November 8, 2025, 10:00 AM
Larkspur Park, Bloomington Hills
Corner of Fort Pierce Dr. & Larkspur Rd.



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@cslstge
Tim McGeachy 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

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.

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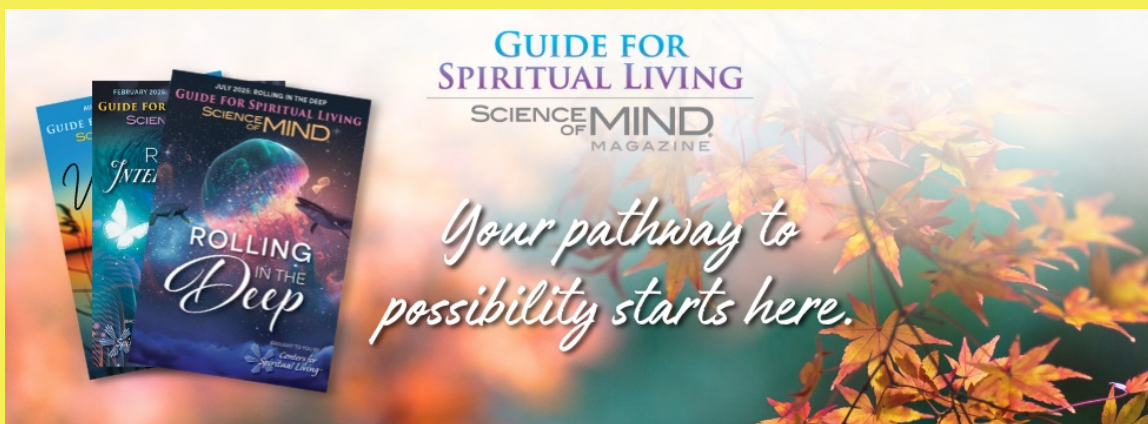
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Ministry of Prayer

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CLICK for Spiritual Living Circles

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With gratitude,
Science of Mind magazine team

St George Interfaith Council Opportunities

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

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



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