



*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

May: Raise Your Voice

You yourself, as much as anybody in the entire universe, deserve your love and affection.

[Visit our Website](#)





MEMORIAL DAY

HONORING ALL WHO SERVED



Courage to Express: The Power of Speaking Up for Transformation

Silence often feels like a safe choice—an easy way to avoid conflict or discomfort—but over time, it becomes costly. While silence may protect us from temporary unease, it can also limit our growth, diminish our sense of self, and block transformation.

True change, both internal and external, begins when we take responsibility for our voice and choose to speak with intention.

Using our voice is not about demanding attention or dominating a space. It's about showing up authentically, honoring our inner truth, and refusing to hide behind politeness or fear. When we stay silent out of habit or anxiety, we suppress what makes us unique. Over time, that suppression leads to disconnection—from our values, from our relationships, and most of all, from ourselves.

Many of us learned early on that silence keeps the peace, that speaking up might lead to rejection or conflict. But avoiding honest conversations doesn't bring peace—it creates inner tension and outer stagnation. We carry the weight of unspoken thoughts, unmet needs, and unresolved feelings. That weight often shows up as resentment, frustration, or a quiet sense of unfulfillment.

Speaking up is one of the most powerful acts of self-discovery. It invites us to ask: What am I holding back? Why do I hesitate to share? Whose approval am I afraid to lose? These questions guide us inward, toward greater self-awareness and healing. Expression isn't just a



Live Inspirational Service

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



PRAYER REQUESTS

Our Practitioners want to support you in prayer.

Email practitioners individually (click on their picture) at csls.org/about

communication skill—it's a tool for clarity and courage.

It doesn't take grand gestures to reclaim our voice. Often, the most meaningful changes come from small, daily choices: telling the truth about how we feel, saying no when something doesn't align, or expressing a need without guilt. These simple acts of self-expression remind us that our voice matters—and that we matter.

As we begin to speak up, we may also need to set boundaries. Boundaries are not about building walls; they are about defining what's healthy and respectful. They help us stay aligned with our values and protect the space we need to grow. Speaking up includes saying, "This is what I need," or "This is not okay with me," with clarity and calm confidence.

Authenticity is the most powerful energy we can offer the world. When we express ourselves truthfully, we don't just speak—we radiate. Our presence becomes aligned, our words carry integrity, and our life begins to reflect who we truly are.

Our voice bridges the inner and outer world. To speak is to be visible—not just to others, but to ourselves. It's how we stop hiding and start living in alignment with who we truly are. We don't speak up to be loud; we speak up to be whole.

When we use our voice with courage, we stop waiting for the world to change and start becoming the change within it. That's where transformation begins—not with someone else's permission, but with our own choice to be fully expressed.

Living in gratitude,

~ Rachael

Reverend Rachael Dilling

Staff Minister



To view
Core Council minutes, please
email:

stgeorgecsl@gmail.com



If you would like
information about the
financial status of
Center for Spiritual
Living St. George,
please contact:

treasurer@cslstgeorge.org



Reverend

Joe Kovach

Spiritual Director

*To contact Rev. Joe,
please email*

revjoe@cslstgeorge.org

May 2025 Weekly Talks

Rising Higher, Growing Deeper Raise Your Voice

This month, we will explore the profound impact of self-advocacy, boundary setting, and conflict resolution on our personal and collective well-being. This comprehensive

exploration underlines how essential they are for creating a more connected, just, and harmonious world.



CSLSG Spiritual Director
and Senior Minister
Reverend Joe Kovach

May 4th
Confidence Unleashed:
The Art of Self-Advocacy

Discover the power of self-advocacy and learn how to cultivate the confidence and assertiveness to speak up for yourself and others. Whether in the workplace, relationships, or community, join us as we explore practical tools to empower your voice in every aspect of life.

May 11th
Boundary Keepers:
Nurturing Healthy Connections

Join us for a discussion on the importance of setting boundaries in all areas of life, from personal relationships to work environments and social interactions. Explore strategies for effectively communicating and maintaining boundaries to protect your well-being and cultivate healthy, balanced relationships.

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

May 18th
Negotiating Peace:
Conflict Reconciliation and Transformation

We'll discover powerful strategies for resolving conflicts in both personal and professional relationships. Learn how active listening, empathy, and assertive communication can transform disagreements into opportunities for growth. Explore the art of compromise and negotiation to create harmonious, mutually beneficial solutions.



Staff Minister
Reverend Rachael Dilling

May 25th
Overcoming Silence:
Individual and Collective Liberation

We will dive into the transformative power of speaking out for individual and collective liberation. Breaking the silence can enhance trust, drive meaningful change, and foster a more inclusive society. We'll explore the barriers that keep us from voicing our truths and share practical strategies to overcome them. Join us to learn how embracing our voice can pave the way for personal empowerment and collective progress. Don't miss this opportunity to unlock the potential of your voice for a more connected and just world.

Center for Spiritual Living St George

Events and Information

<https://csl.org/>



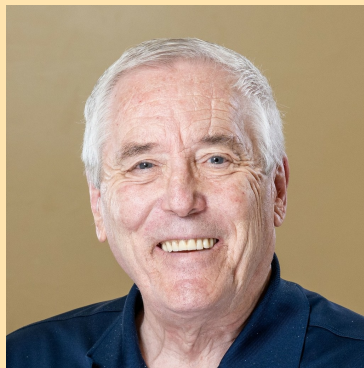
THANK YOU, SUE FULLMER!

Sue Fullmer has served our beautiful community for six years on Core Council, most of that time as Secretary, and has now retired from that service. Her commitment and dedication is so greatly appreciated. Sue, you will be missed for your spirit, perspective, and tremendously warm heart. Sue will, of course, continue to serve on our Practitioner Core.

We now have three new persons beginning their first term on Core Council, as approved by the Council and confirmed by the membership at the recent Annual Meeting. For the first time in several years, we have a full contingent as our community future unfolds before us. The following three beloveds round out our Council and will brilliantly serve with perspective and energy. Please welcome Rick Cannata (new secretary), Tim McGeachy, and Allen Stanley.



Rick Cannata



Tim McGeachy



Allen Stanley

IN-PERSON SUNDAY SERVICES!

May 11th AND 25th
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.



Share Your Skills!

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!)
- Keep your eyes open for our new permanent location

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!!



***USING THE LAW OF
ABUNDANCE AND
PROSPERITY***

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

Visit our Website

What Is The Children's Justice Center?



Founded in 1991, [Utah County Children's Justice Center](#) aims to address the healing of abused children so they can live a happy, productive, and fulfilling life.

We Stop Child Abuse by helping children stop the cycle. Over the last 30 years, we have helped thousands of children get the mental, emotional, and physical support they need.

We provide a safe, comfortable, child-friendly atmosphere for children to receive coordinated services during the child abuse investigative process.

Report Abuse

- If you suspect child abuse or neglect, immediately call the Utah Child Protective Services 24-hour Hotline at 1-855-323-3237.
- Report the abuse in [this online form](#)
- Alternatively, contact your local law enforcement agency.

WE PAY OUR PROSPERITY FORWARD

Every Quarter CSLSG shares the prosperity you help us create with a local non-profit. We practice the law of giving and receiving and watch as our collective abundance contributes to our beautiful community.

The organization we are sending our abundance to for the completed first quarter of 2025 is the Children's Justice Center, as decided at the Annual Meeting last month. The picture above is a snapshot of this non-profit. If you wish to know more, please check out their website: <https://cjcfriends.org/>

We would love to hear suggestions from you for future contributions. We are currently considering Root For Kids. (Picture below) Please check this organization out at: <https://www.rootforkids.org/>

We have previously contributed to Washington County School District Counselor's Closet, The DOVE Center, Switchpoint Community Resource Center, Pride of Southern Utah, and Equality Utah.



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/>



Peace On Earth
by 2030 (<http://peace2030.earth>)

crystall



Check out the above website and join the movement to bring Peace On Earth. There is also an app: Peace, available in all smart phone play stores.



A Nationwide Call to Action Two Lights for Tomorrow April 18 – 19, 2025

What Is Two Lights for Tomorrow

Two Lights for Tomorrow is a nationwide initiative to commence the celebration of the 250th birthday of the United States of America. The famous ride of Paul Revere occurred on the overnight of April 18 – 19, 1775. Two Lights for Tomorrow commemorates that famous ride and uses the imagery of that shining light today as a unifying call to action for our citizens to celebrate and serve.

How to Participate, Part I

On April 18, 2025, we're calling for two lights to be displayed in every statehouse in the nation. They will be a reminder that the visual of a light shining out in the darkness on Revere's ride is not just something that mattered then; it's something that matters today, and for our collective tomorrow.

Some commissions are planning a public program as two lights are lit at the statehouse. This is an opportunity to not only raise public awareness of the upcoming 250th and how that visibly will be marked, but also to communicate the meaning of Revere's ride as history and remind our citizens of their part in the perpetual building of a "more perfect union."

How to Participate, Part II

The day following, states can promote a day of service on April 19th. At the community level, citizens will be called to serve their communities with volunteer projects ranging from park and cemetery clean-ups (especially with the close proximity to Earth Day) to community builds, food drives, and card writing to residents of care facilities, etc. The possibilities for service can be tailored to the needs of our citizens and in partnership with service organizations.

Projects Are Scalable for Communities and Individuals

From two spotlights at a state capitol building beaming in the darkness to smaller displays at municipal buildings, and lights in individual homes, every citizen can participate.

For state-level displays, there isn't a specific kind of light, duration of display, or location because we want it to be approachable and achievable for everyone given that each state-level commission will need to coordinate the approval processes within their own systems.

Some governor's offices are considering issuing executive orders to encourage government department buildings, municipalities, and every citizen to participate.

We encourage participation at as many locations as possible – community centers, municipal and county administrative buildings, and private residences.

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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