



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



**Living Out Loud!  
The Mundane, the Sacred, and  
the Profane. Oh My!!**

**Perhaps the divine nature of things is disclosed to us through our  
humanity, moment by feeling moment.**

*~ Mark Nepo, Seven Thousand Ways to Listen*

[Visit our Website](#)

**November: Gratitude  
and Appreciaton**

November. My thoughts naturally go to gratitude this month. Have you ever

compared the words gratitude and appreciation?

The dictionary describes gratitude as the feeling experienced as a recipient of another's kindness. It seems to rest upon the action of others, which is definitely a nice thing! Appreciation, on the other hand, indicates a recognition of value. I appreciate an art piece simply because it speaks to me. It's personal. I can appreciate the work and talent of its creator without it actually being meant for me alone. I heard a spiritual teacher recently say that we aren't grateful for difficult things that happened to us but we do appreciate what we learned from them. It is a mature person that can be in the place of looking back at a difficult time and recognize the value of the lessons learned.



My most difficult experience was with my 15-year-old daughter who was suffering from eating disorders and depression. We admitted her into the hospital, hoping to keep her alive during a very dark time of self harm and suicidal ideation that lasted more than three years. I am grateful to those who watched over her and treated her. I appreciate the expertise of one young therapist who was able to get through to her and for the healing journey that followed. I'm not grateful for that experience, it was so hard. But, I do appreciate the faith and strength that developed in my daughter, and in all of us who went through it with her.

This experience was integral to her choosing a career as a therapist. She continues helping young people in the juvenile justice system. You may imagine that the saddest, most difficult thing she sees in her work is when a young person, despite best efforts, takes their precious life by suicide. You can also imagine the joy and appreciation these social workers feel when a child in trouble responds to treatment and moves forward to live a happy and productive life.

You may be able to recall a difficult time in your own life, and, now with hindsight, appreciate the gifts that helped you through it and the lessons that were learned. In this way, we can see purpose in life and appreciate that God is in it all.

With Thanksgiving,  
Sue Fullmer, RScP



Reverend Joe Kovach  
Senior Minister  
To contact Rev. Joe, please  
email [revjoe@cslstgeorge.org](mailto:revjoe@cslstgeorge.org)

Sunday Gatherings



If you would like information about the financial status of Center for Spiritual Living St. George, please contact: [treasurer@cslstgeorge.org](mailto:treasurer@cslstgeorge.org)



PRAYER REQUESTS  
Our Practitioners want to support you in prayer.

Please email your prayer request to [prayer@cslstgeorge.org](mailto:prayer@cslstgeorge.org) or email practitioners individually at [cslsg.org/about](http://cslsg.org/about)



CSLSG Community Care Circle

Are you or someone you know interested in compassionate support with Life's challenges and joys. Leave a message at

## Inspirational Service

In-Person 2nd Sunday

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](#)

435-893-6702  
to engage this free and  
confidential service



To view  
Core Council minutes, please  
email:  
[suegfullmer@gmail.com](mailto:suegfullmer@gmail.com)

## November 2023 Weekly Talks

### **Living Out Loud!**

#### The Mundane, the Sacred, and the Profane. Oh My!!

Before enlightenment: chop wood, carry water. After enlightenment: chop wood, carry water. But wait! I thought this enlightenment thing would change all that. This month, we delve into the ways we categorize Life, separating and judging, based on perceived importance. We examine each of the three – the “ordinary” mundane life, the perceived sacred life, with its rules and practices, the profane or secular (i.e., not “spiritual”) life and finally have the aha (Oh, My!) that they are all aspects of The One.



#### **CSLSG Senior Minister Reverend Joe Kovach**

##### *November 5th The Mundane*

As humans, we learn to categorize different aspects of life. We want to live in a state of constant excitement, doing meaningful, world changing activities. But we find that there’s all these “mundane” things that need doing – dishes, shopping, cooking, taking out the garbage, and so on. We just *know* that life could be so much more if we just didn’t have to deal with the mundane. But what if the mundane were just as sacred, important, and valuable as everything else?

##### *November 12th The Sacred*

Often the “sacred” is seen as something separate or set apart from “everyday” life. It is defined as “dedicated or set apart; highly valued and important.” What if we could approach the sacred from a new angle? What if, instead of being seen as something reserved for certain expressions, places, times and events, the sacred could be understood as connection to all-that-is, a mindset led by intention, and brought forth through an active, mindful and engaging energy? The sacred is found in all things... because it is all things. The adventure is in our ability to open our awareness to this reality and the sacredness that can be found in both the expected and the unexpected.

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

##### *November 19th The Profane*

Humans have been designed for physical connection, yet this natural design of how we interact with our bodies is often classified as “profane.” Certain words are considered profane, regardless of



the intent behind their use. We are being invited to see the entire experience of life as sacred, including the mundane and the profane. We are not profane beings... we are all divine expressions of the Source. This week, let's express ourselves authentically and without shame, living our lives out loud!



*November 26th Guest Speaker*  
**Our very own....Bill Smith, RScP**

*Oh My!!*

When we look more deeply into these ideas of the mundane, sacred, and profane, we find that there is truly no difference or separation in them. In a watercolor painting, water is added to the different colors so they mix and blend, becoming new colors all together. Similarly, when the water of our consciousness is mixed with all of these various aspects of life, we realize that everything is the Divine expression of an Individualized Spirit.



**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!*

**November 12th, 11:00am**

**Come join us and bring a friend!!**

*262 Mall Drive*

Entrance at the white awning.

**Meet and greet at 10:30.**

**Stay after for a treat and socializing.**

Please remember the parking just outside the entrance (7 spots) is reserved for our guests with mobility needs.

**While we're waiting** for Divine timing to bring us our own special place and to relocate Rev Joe and his family, let's create the social connection that we are all so hungry for.

**YOU can help.**

Want to lead a hike, organize a game night, plan a picnic?

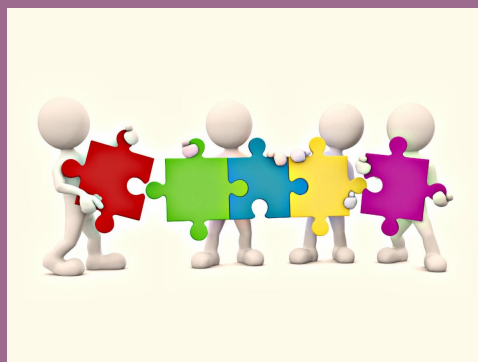
Dream up what you would like to do and let us know. We'll put it on the Center's calendar and advertise it in the newsletter and on our Facebook page.

*We're also creating a committee to coordinate social events - we'd love your help. Reply to this email to join it or get a gathering going.*

## **Core Council Vacancies**

In December we will be accepting applications to fill upcoming open positions on the Core Council. Please consider stepping into a fun and meaningful opportunity to serve your CSLSG community.

**Please eMail interest**





## *Abundant FLOW!*

**Give with Zelle:** Zelle is a bank-to-bank transfer system. [HERE](#) are the instructions.

E-Mail us if you need further assistance:

[treasurer@cslstgeorge.org](mailto:treasurer@cslstgeorge.org)

**Give Online:** Paypal link is on our website: [cslsg.org](http://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

## Centers for Spiritual Living Opportunities



Centers for Spiritual Living has a lot to offer interested parties at [csl.org](http://csl.org). For example:

One of the longest published magazines in the country, 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

**Faith and Blue** - Washington City Police Department BBQ  
Friday October 6, 6-7:30pm, Veterans Park, 75 E Telegraph St, Washington City. This is a cleanup the city effort sponsored by the police department and local faith congregations. Come join in!!



**CROP Walk**, Saturday, **November 18**, 10am, Larkspur Park. Donations will to to feed the hungry locally and around the world. Register at <https://events.crophungerwalk.org/2023>



Help with food distribution  
on the second and last FRIDAYS  
10 a.m. – 12:00 p.m.  
Setup 9:30  
GRACE EPISCOPAL CHURCH  
1072 S 900E, St. George



**St George Interfaith Choir** November 15 "Simple Gifts" performance. To join rehearsals contact **Kathy Brown** [kathybrown13@gmail.com](mailto:kathybrown13@gmail.com). **Singers are welcome.**



Visit our Website

Center for Spiritual Living St George | 435-893-6702 | [stgeorgecsl@gmail.com](mailto:stgeorgecsl@gmail.com) | <https://www.cslsg.org>

STAY CONNECTED



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