



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



March 2023

Living Out Loud!
Cultivating Authenticity
Week of March 19, 2023
Boundaries Build Bridges

Compassionate people ask for what they need. They say no when they need to, and when they say yes, they mean it. They're compassionate because their boundaries keep them out of resentment.

~ Brene Brown, *Rising Strong: The Reckoning. The Rumble.*

[Visit our Website](#)

Guest Speaker
Jeffon Seely

Boundaries
Build Bridges

Boundaries are where





we end and the other begins. Nancy Levin in her book, *Setting Boundaries Will Set You Free*, defines boundaries as “a limit that you set to define what you will or will not do, or what you will or will not accept or tolerate from others.” If we desire to express ourselves authentically then it is up to us to become familiar with

and clarify these boundaries for ourselves and others. Boundaries are the container in which our authentic self resides.



Reverend Joe Kovach
Senior Minister

If you have questions or comments for Rev. Joe, please email revjoe@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](#)

PRAYER REQUESTS

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



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.



EXCITING NEWS FOR CSLSG!!

As you know, we have had a committee working to find a temporary home for us to begin holding occasional in-person Sunday services, in addition to our online celebrations.

WE HAVE SUCCEEDED!!

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

More details to come.



IN-PERSON Gathering and Annual Meeting

Saturday April 8th

10am - Noon

Socializing and Snacks

Financial Reports and Center Updates

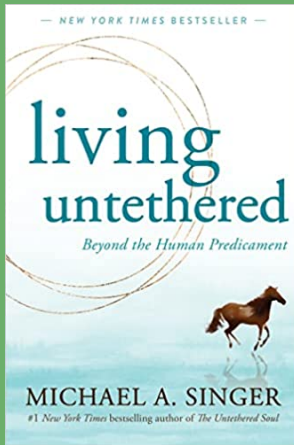
Come gather with your friends and community!

West Springs Clubhouse, 225 Valley View Dr

SPECIAL ANNOUNCEMENT

Core Council decided to table the application process for adding a new member to the Core Council. We felt it was putting the cart before the horse, so to speak. Now that we have a Senior Minister, we can and need to revisit and revise the Bylaws that were originally drafted in 2012 at the creation point of our Center. Due to many circumstances in our center's history, the bylaws have not been updated since that time. It is more than time to do so. We will be forming a committee soon to work on that revision. **Please consider joining the committee. It will be an important job and your voice is valuable, especially if you have experience with bylaws, policies and procedures.**

And... next year there will be multiple Core Council spots open, so do keep that in your prayers, heart and mind, and please consider applying then.



CSLSG BOOK CLUB

THURSDAYS
6 - 7pm MST

Come join the conversation
even if you don't have the book!!

Email for info:
suegfullmer@gmail.com



Spread the Love!

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: 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

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

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