



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



## **Divine Discomfort**

**Spirituality is a practice that brings relief, communication, and transformation.**

~ Thich Nhat Hanh, *How to Love*

[Visit our Website](#)

# BLACK HISTORY MONTH



*It is February 2024!*

The first month of 2024 is complete, and I ask you to pause and reflect on it. What is another month of the “same old things” happening? Suppose those things (or experiences and circumstances) are the sort that you co-created consciously and came about because of your spiritual life practices of meditation, contemplation, and mindfulness. In that case, I say to you, “Well done!” Stay the course if you are not where you want to be yet! It does take time to shift to a new, constant state of awareness. Making progress and sliding back a bit is perfectly fine and acceptable. Two steps forward and one step back will still lead you to the finish line. And this is not a race but an everlasting sacred journey, so enjoy every moment!



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](mailto:cslsg.org/about)

Unveiling CSLSG’s new purpose and vision statements last month was so exciting! As a spiritual community, we have begun a new journey of growth and evolution. We exist in a

new

level of conscious awareness and are co-creating from the consciousness of a new day! Our new purpose describes why we exist and is like our North Star guiding us as we make critical decisions for our Center and community.

**Center for Spiritual Living St. George's 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 new vision statement shares what fulfilling our purpose will look like in the next 5-10 years. Center for Spiritual Living St. George's Vision Statement is:**

CSLSG is a community-focused Center actively living, sharing, and nurturing its members and friends so that all may live their best lives.

As the last talk title of January stated, I am Feeeeeeeling Gooooood! And you should, too! As the Senior Minister, I ask you not to see CSLSG as a small spiritual center that more people should know about. I invite you to join me in using spiritual principles and placing our perfect, highest, and best idea of our Center in your mind and feel good about it! Remember, our faith teaches us that there is only ONE MIND, and It is the Mind of Source, of which we all share. Please take a few minutes each day to mentally experience our beautiful, welcoming Center with fantastic energy, even as you pull into the parking lot. Imagine a full band on stage that infuses positivity in its songs and lyrics. We have a large meeting area with a kitchen and rooms for classes and meetings. We have an entire area for children and teens to learn the *Science of Mind* principles in their fun ways. We enjoy decorating our Center with themes for seasons and holidays. Our community has grown to the point where we have multiple services. We offer special events such as concerts, guest speakers, workshops, movie nights, and....

And... fill it in with your joyful thoughts!

February is the month that focuses on love. First, let us recognize and love the Source of all Love, Joy, and Peace. Next, we love ourselves as the divine spiritual beings that we are, and take time to love CSLSG and its wonderful community.



**Reverend Joe Kovach**  
**Senior Minister**

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



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



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)



**Live 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

## **February 2024 Weekly Talks**

### **Divine Discomfort**

Life is full of uncomfortability. Birth itself is a shift from warm, nurturing safety to cold, terrifying chaos, and it is our very first experience of Divine Discomfort. Life is a complicated, magnificent, and nuanced glory and living it is bound to be uncomfortable. This Black History Month we're exploring lessons learned from being uncomfortable and how putting down the need to be comfortable allows space for transformation. We consider the universal pain of exclusion and oppression and open ourselves to the pull of our vision of a world that works for everyone. We end the month recognizing that being uncomfortable is the least of our concerns, because we have love work to do.



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

#### *February 4th Lessons in Uncomfortability*

Recognize your own power and potential for positive transformation when you: embrace change, release limiting beliefs, cultivate awareness, engage in affirmative practices, seek support, and take inspired action. There are lessons to be learned in being uncomfortable.

#### *February 11th Where Comfort Ends, Transformation Begins*

The power to transform your life lies in your willingness to step outside your comfort zone. Embrace the unknown, embrace the discomfort, and discover the incredible growth and fulfillment that await you. Take action today and unlock the limitless possibilities that await you on the other side!

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

**Don't miss this one - the Joy Singers will join our own Allen Stanley!!**

#### *February 25th Discomfort is the Least of Our Concerns*

Discomfort is an inherent part of the human experience. It generates potential for personal growth, learning, cognitive flexibility, motivation, resilience, and adaptability. Rather than avoiding discomfort, we are encouraged to develop effective coping strategies and embrace it as a catalyst for positive change.

#### *February 18th Guest Speaker*

### **Rev. Raymont Anderson**

#### *Pain Pushies Until Vision Pulls*

Pain acts as a pushing force that compels us to address discomfort or challenges, while the vision of a desired outcome serves as a pulling force that inspires us to move forward and make positive changes in our lives. By recognizing the interplay between pain and vision, we can harness their combined influence to propel personal growth, resilience, and well-being.



*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.*

## **Center for Spiritual Living St George** **Events and Information**



**Masonic Lodge**



## *IN-PERSON SUNDAY SERVICE!*

**February 11th, 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.

**Come see the CSLSG Joy Singers at  
Interfaith Harmony Day on February 17th 7:00pm  
(Details below)**

**They will also sing at the in-person service  
on February 11th!!**

**Two great chances for beautiful music!!**

In conjunction with the United Nations Interfaith Harmony Day  
The St. George Interfaith Council invites you to join us for the

2nd  
ANNUAL

St. George Interfaith Harmony Day



# “All Are Welcome”

Concert and Celebration

Saturday, February 17, 2024 · 7:00 p.m.  
Crimson Cliffs High School Auditorium  
(4430 S Crimson Cliffs Way, Washington, UT)

**Free Admission**

With wonderful music presented by:

.....  
The St. George Interfaith Choir  
The Saint George Catholic Church  
Spanish and Samoan Choirs  
Shepherd of the Hills  
United Methodist Church Choir  
The Church of Jesus Christ  
of Latter-day Saints  
New Promise Lutheran  
Center for Spiritual Living  
Good Shepherd Presbyterian Church Choir

Enjoy refreshments as you visit with  
and ask questions of members from  
15 congregations representing:

.....  
Baha'i      Methodist  
Buddhist      Muslim  
Catholic      Presbyterian  
Episcopal      Quaker  
Jewish      Solomon's Porch  
Unitarian  
New Promise Lutheran  
Center for Spiritual Living  
The Church of Jesus Christ  
of Latter-day Saints

All are welcome, especially families.

Optional donation to the Washington County School District Foundation (WCSD)

<https://www.washk12/foundation/donate/>

Or by using the QR Code here:

St. George  
Interfaith Council



## **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.

*Reply to this email to get a gathering  
going.*

***STEP INTO THE  
ABUNDANT FLOW!***

**Give with Zelle:** Zelle is a bank-

to-bank transfer system. [HERE](#) are the instructions.

EEmail 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

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** To join rehearsals  
any time contact

**Kathy Brown** [kathybrown13@gmail.com](mailto:kathybrown13@gmail.com).

**All singers are welcome.**



Visit our Website



STAY CONNECTED



Center for Spiritual Living St. George | PO Box 3132, St. George, UT 84771

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