



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



Living Out Loud! Love Out Loud

**Owning our story and loving ourselves through that process
is the bravest thing we'll ever do.**

~ Brene' Brown

**You have to leave the city of your comfort and go into the
wilderness of your intuition. What you'll discover will be
wonderful. What you'll discover is yourself.**

~ Alan Alda, *American Actor*

[Visit our Website](#)

**Greetings,
My Beloved Community!**

Yes, it is September already! I
have always loved this month

because the season is changing, and autumn is coming. Growing up in Buffalo, New York, I loved playing outside in the cooler September weather. Also, I loved watching as the leaves began to change colors and the trees dropped their helicopter seeds.



September's theme is "Love Out Loud." When I read this, I immediately started thinking of how I show my family and friends how much I love them. I thought of all the work I've done, how I am always willing to help them when they ask, and even how I recognize and appreciate something good they did for me or someone else. Acknowledging and appreciating people wherever we go is a great habit to get into and a rewarding way to love out loud! Whenever I go out, I like to greet people like cashiers and servers and ask how they are doing. They seem to genuinely appreciate the gesture. As a high school counselor, I like to love out loud by reminding students that they are amazing, unique, and successful, no matter their feelings. It is simple to love out loud...when we have love for ourselves.

Many people are struggling with anxiety, depression, grief, and trauma, to name a few things. Others have financial hardships and relationship challenges. During these times, it can be difficult to feel love for ourselves, let alone share it out loud. I believe loving out loud is a spiritual practice. When we recognize Divine Love within us, it is a natural act to want to share it with the world. By saying yes to sharing love, we are giving permission to become a channel for the Universe's infinite good to flow to and through us. We assist those needing healing by shining our light through simple acts of kindness. In return, we are rewarded by feeling good about ourselves. Just by being ourselves, we remind people that love is available naturally and they are worthy of that love.

Like the changing seasons, we all experience changes in our lives; some offer more challenges than others. By adding a spiritual practice of loving out loud to our repertoire of tools, we stay open and grounded in Spirit and help others weather their stormy periods.



Reverend Joe Kovach
Senior Minister

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

Sunday Gatherings

Inspirational Service
In-Person 2nd Sunday
Online every Sunday
11:00am

(Online Live broadcast starts at 10:55am)

FACEBOOK LINK
YOUTUBE LINK



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



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**

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

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

September 2023 Weekly Talks

Living Out Loud!

Love Out Loud

In Science of Mind, we often say that the word “God” is synonymous with Love. Because God is all there is, Love must be all there is. But in a world filled with war, violence, and division, it’s challenging to see that God, or Love, resides behind the darkness. This month, we are being invited to lean into love and express love out loud. Let’s look for love in every place we go: in the people we interact with, the events of the world, and most of all, within ourselves. If we want to see more love in the world, we must be willing to live as an example of love in action.



CSLSG Senior Minister Reverend Joe Kovach

September 3rd I Love Myself So Much

Enjoying the experience of being loved and loving others, starts with loving ourselves. We inspire love in the world by living as examples of what love looks like. So if we want to encourage others to love themselves, we must love ourselves out loud. The people around us would benefit from knowing about our own self-love practices. Others are more likely to commit to their own practices after seeing how effective they are for people who they love. Let’s dive deeper into loving ourselves and share our experience with the world.

September 10th Love On a Spectrum

Love has no limitations. Every person expresses love and experiences love, but we do it in our own way. Some people prefer polyamorous relationships. Pansexuals do not choose their partners based on gender. Cultural norms may lead the people around us to be critical of our choices to express love authentically. But when we stand in our truth and love out loud, we create loving change within our own communities. Cross-cultural relationships lead to more unity. Celebrating our love out loud helps normalize different ways of expressing love, and inspires others to embrace their own expressions of love.

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

September 24th Love Wins!

We are changing the world by leaning into love. Advocating for ourselves and each other’s right to express love in our own unique ways helps to create a world that works for everyone. Regardless of what challenges we’re facing in our personal lives or in the world, love is the answer. The universe

makes no mistakes. Every experience is unfolding for the highest and best for the world at large. When we live from the understanding that love always wins, we consciously see how love is always unfolding before us.



September 17th Guest Speaker

Rev Steph St Amand

Love Thy Neighbor

Peace in the world starts with us. To truly create a world that works best for everyone, we must ensure that everyone's voice is included. We must make space in our lives and our communities for people who think differently than we do. When we surround ourselves with people of all ages, races, sexual orientations, political affiliations, spiritual beliefs, cultural backgrounds and life experiences, we expand our own understanding of love. Living by example and loving each other, regardless of our differences, is a beautiful way to create a peaceful world that works for all.



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!

September 10th, 11:00am

Come join us and bring a friend!!

This month's IN-PERSON is as usual on the second Sunday, September 10th. (We will also broadcast live as usual for those who cannot be present.) Doors will open at 10:30am.

262 Mall Drive

**Please arrive a few minutes early
to meet and greet.**

**We will have treats to share after service,
so plan to stay for a bit.**

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



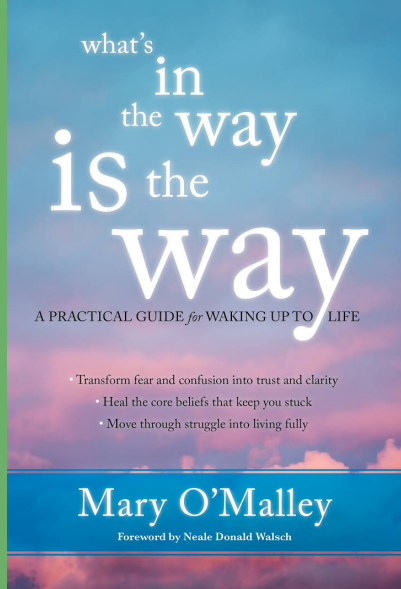
**Thank you to everyone who donated school supplies last month.
They were happily received at Switchpoint's Stepping Stones 24/7
Childcare Center.**

IT'S NOT TOO LATE!

September 14th, 6-7pm

**What's in the Way is the Way
by Mary O'Malley**

This accessible book is divided into ten phases, featuring inspiring wisdom and step-by-step exercises to heal the core beliefs that keep you stuck. With each chapter, Mary invites you to come into the present and see yourself and your circumstances in a different



way—unclouded by preconceptions, struggle, or fear. Join her on this illuminating journey

Email suegfullmer@gmail.com for zoom link



NEW Foundations Class

Saturdays, Sept 16 - Nov 18

9am to Noon MT

on Zoom

Also Including a

Prayer Workshop

Wed, Oct 11, 6-9:30pm

Would you like to enhance your spiritual connection to a Higher Power? Are you ready to discover your emerging direction and purpose and how to make it happen? **Join Rev. Joe for 10 weeks** of self-discovery and revelation within an experiential format of lecture, discussion, sharing, and process. In the all-new Foundations class, learn the nine spiritual principles and practices that will change your life for the better forever. Sign up now for this adventure with other like-minded individuals in a safe, supportive environment. You can learn to make your dreams a Reality!

The last class, on November 18, will be in-person!!!

If you are considering getting more involved with the Core Council, this Foundations class is the first step. More information below.

If you have not already... Please eMail Interest for the class to stgeorgecsl@gmail.com

Upcoming Opportunities

Are you interested in contributing to your CSLSG community in a meaningful way?

You are invited to consider these two upcoming ways to contribute to our unfolding future:

* **Bylaws committee** - We will be forming a short-term committee to refine and update the bylaws that govern our Center, in alignment with principles and current practices.

* **Core Council** - By state law CSLSG's Core Council can have 5-7 members. We currently have 5, two of which are ending their second terms in January. We will at least need to add two replacements; and we are considering expanding to a full contingent of seven. We invite you to seriously consider applying to serve on the Council, which is the leadership team, including Rev Joe, that keeps all things moving logistically, financially, etc. Terms are three years and members can serve a maximum of two terms. Foundations class is required; sign up for above class if you have not taken it previously.



Please eMail interest to marinaanderson@cslstgeorge.org

Abundant FLOW!

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

Centers for Spiritual Living Opportunities



Centers for Spiritual Living has a lot to offer interested parties at 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](#)

How to Connect with Us!

Like us on Facebook: CSL Member Connection
 [Facebook.com/groups/CSLlaity/](https://www.facebook.com/groups/CSLlaity/) 

Subscribe to the CSL Member Council YouTube channel
 [CSL Member Council](https://www.youtube.com/channel/UC...) 

Email us at: CSLMemberCouncil@gmail.com

Sign up for the CSL mailing list: <https://csl.tfaforms.net/233> 

Member Council Invitation

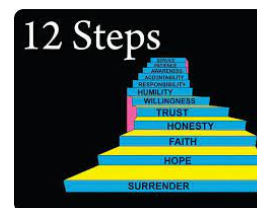
Want more information on what it means to be a member of Centers for Spiritual Living? **The CSL Member Council invites you to check them out.**

St George Interfaith Council Opportunities

Suicide Prevention Coalition (through Southwest Behavioral Center) is looking for new Interfaith Council members. If you are interested in serving our greater St George Community in this way, please contact Teresa Willie at: twillie@sbhcutah.org



Reverend Jimi Kestin announced new meetings for **12-step** that involves a deep dive of the 12 steps in a faith-friendly meeting. These will be held at Solomon's Porch and include the Biblical basis for the 12 steps, the goals and roots.



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



St George Interfaith Choir is led by **Kathy Brown** kathybrown13@gmail.com. **Singers are welcome** to join the St George Interfaith Council at any time.



Centro Latino serves to teach English and other services to help with the adjustment into this country.
Contact Mike Aitken at:
aitkenback@gmail.com

**CENTRO
LATINO**



(435) 720-5066

449 S 300 E, St. George, UT 84770

Recursos para ayudar a la comunidad
Resources to help the Latino Community

Clases de Inglés	English Classes Every
Gratis Cada	Tuesday 7pm
Martes 7pm	Wednesday 7pm
Miércoles 7pm	Thursday 7pm
Jueves 7pm	Sunday 7pm
Domingo 7pm	



Visit our Website

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

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