



## *Our Purpose*

Awareness  
Radical Responsibility  
Inside Out living  
Spirit is All there is  
Everyone is Evolving

*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*



**April 2026**

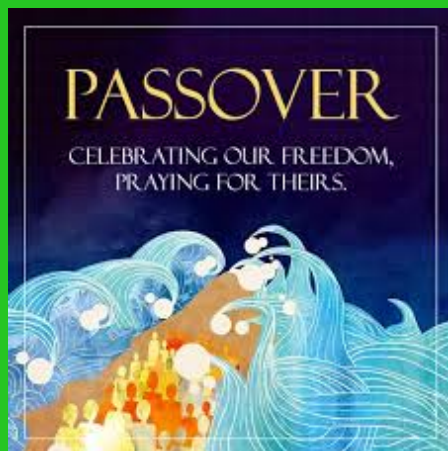
**2026 Open at the Top**  
**April: The Practice of Becoming**

**Living in the present means becoming aware of our true identity and of our unity in the Eternal Good.**

— Alida & Jose L Sosa, *La Mente, la fuerza irresistible y creadora*

[Visit our Website](#)





### What's Mine to Be

A beautiful moment of alignment happened while thinking about what to write for the newsletter this month. I was attending a workshop for The Dignity Index (check it out at [www.dignity.us](http://www.dignity.us)) and at its conclusion we reflected on our self-awareness, when I suddenly knew what to write about. I've been ruminating about it since and finally looked at this month's theme to make sure I could spin it to fit - *The Practice of Becoming*. Ha!! Judge the connection and spin for yourself .....

The year 2020 was a very challenging year on many levels, but it was also a turning point for me. I learned that I liked a slower-paced life and have lived life that way in the years since. I found that the lack of distraction from "normal" life meant that I couldn't help but pay attention to the happenings in the world around me. I became deeply conscious FINALLY to the social injustice that was all around me. That awareness stimulated perspective about the truth of the world, of our collective history, and personal focus on hearing, seeing and BELIEVING the stories of people's lives. My own, as well as those of friends, loved ones, and strangers, particularly those who have different stories than my own. I engaged in several online classes to educate myself in an expanded way. (My favorite one was entitled *Embodied Antiracism*. So powerful and life changing.)

During 2020 I also applied to play a part in CSLSG's Core Council. During the initial transition, in addition to being forced online because of the pandemic shutdown, we also found ourselves with an empty pulpit. In the midst of beginning the new minister search (again, I might add) and creating a virtual presence for our community, I stepped into the role of council president and navigated how to be a collaborative leader - all with my new world awareness filtered into the mix.

Core Council engaged several speakers - ministers and practitioners - from across the country to share their messages with us and our now invisible (so to speak) community. After each service we engaged in a Zoom call to connect, share our stories,

and discuss each week's message. During one of those Zoom conversations, following the always-meaningful message of our Pennsylvania Practitioner friend, Eugene Holden, I was sharing my story of burgeoning consciousness regarding social justice and my desire to engage in a meaningful way toward changing the system and making a contribution in my own community.

I had heard the line about finding 'what is yours to do', perhaps coined by CSL's beloved Reverend Tracy Brown. (If she didn't coin it, I do know I remember her as my source for first hearing it in her TED Talk o YouTube.) So during my storytelling on Zoom I said that I was looking for and striving to discover what was mine to do. Dearest Eugene asked me, "And Marina, what is yours to BE??" That stopped me dead in my tracks. He went on to talk about the fact that we are human BEINGS and not human DOINGS. (I'll bet most or all of you have heard that one.) 'What is mine to be?' became the focus of my continued reflection, awareness, and directive for growth.

In my final comments at the recent workshop, I had an epiphany as this story popped into my mind. I shared with this beautiful group of humans that I can now see that my process of discovering, unveiling, and beginning to live that which "is mine to BE" has attracted "that which is mine to DO", seemingly effortlessly revealing my practice of becoming. Being compassionate and empathetic, not just in word but in how I interact with friends and strangers alike. Being vocal about observed injustice in a way that people can hear me. Being one who can hold sacred space to meet people where they are in the moment and discover their own curiosity, awareness, growth, and healing. Being one who strives to connect in deep and meaningful ways. Being one who can have and give compassion and be accountable in the same space. Being one who walks in the world with a new and greater spirit of inclusivity and connectivity. All created in a perfectly imperfect way, of course. I have discovered meaningful opportunities to volunteer and create intimate valuable relationship - to BE and practice... and truly BE.

And so. I revel in continuing to discover what is mine to BE in each moment, in each day, for the rest of my human existence... and beyond. I sincerely extend blessings for your journey toward what is YOURS to be.

In Joy and Gratitude,

**Marina Anderson**  
**Core Council President**

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## April 2026 Weekly Talks

### **The Practice of Becoming**

We will explore the practice of becoming: becoming who you truly came here to be. We will discover that becoming does not mean reaching a fixed state, but rather committing to life from a place of openness and presence. We begin with the practice of awareness, learning to pay attention to life as it unfolds, moment by moment. From there, we enter the sacred space of vulnerability, where we discover that growth often comes when we let go of control and allow ourselves to be seen. As we go deeper, we learn to listen



### **Live Inspirational Celebrations**

In-Person  
2nd and 4th SUNDAYS  
Online every Sunday  
11:00am

beyond the noise, cultivating inner stillness to hear the silent truths that lie beneath our thoughts and emotions. We will also see love as a daily practice, not as a fleeting feeling, but as a conscious act of kindness, connection, and service. Transformation is not about fixing or perfecting ourselves, but about participating fully in the here and now. This month, we are not walking toward a distant ideal, but toward the depths of our true nature, recognizing who we are at our core.

(Online Live broadcast starts at 10:55am)

**FACEBOOK LINK**

**YOUTUBE LINK**

Community Zoom Conversation

After online-only services

12:00pm

**ZOOM LINK**



**Reverend Joe  
Kovach**

Spiritual Director  
Senior Minister

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

CSLSG Spiritual Director  
and Senior Minister  
**Reverend Joe Kovach**

*April 5th*

*Easter Sunday*

*Living the Presence and  
Deep Awareness*

**THIS CELEBRATION IS ONLINE.**

What if your greatest spiritual power was in this moment... right here and now? What changes in you when you choose to be present, even in your darker moments?



*April 12th*

*The Path of Vulnerability*

**THIS CELEBRATION IS IN-PERSON (and online) AT THE MASONIC LODGE.  
PLEASE SEE DETAILS BELOW.  
Center Musician: Allen Stanley**

Sometimes, the greatest act of spiritual courage is to show up just as we are. Let us enter this sacred space where vulnerability is not weakness but a bridge toward what is most real. What aspects of myself am I still hiding, and what light could be revealed if I offer them humbly to Love?

**Service is followed by our Annual Meeting. Please see details below.**



**CSLSG ANNUAL MEETING**

**Sunday, April 12th**

**12:30 pm**

**Between service and Annual Meeting we will  
provide a light lunch.**

**Feel free to contribute a potluck dish to share.**

Please attend our Annual Meeting after our in-person Sunday Celebration on April 12th. We will update you on our financial health; and MEMBERS will vote to accept new and current members of the Core Council. (Membership forms are available at all in-person celebrations.) This will also be the last meeting facilitated by Marina Anderson as it marks the end of her two-term six-year service on the Core Council.

***Don't miss this opportunity to participate in the ongoing business of our beautiful Center for Spiritual Living St George.***

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*April 19th*

*Listening Beyond the Noise of the World*

**THIS CELEBRATION IS ONLINE.**

**Center Musician: Allen Stanley**

What if silence were the doorway to a more authentic life in the practice of becoming? This week we explore how stillness and quiet open us to deeper listening. Are you willing to stay in silence, let go of your defenses, and surrender to the healing whisper of truth? Join us in this soulful conversation and learn how to listen beyond the outer noise.



**Reverend Rachael Dilling**

*April 26th*

*Love as a Daily Commitment*

**THIS CELEBRATION IS IN-PERSON (and online) AT THE MASONIC LODGE.**

**PLEASE SEE DETAILS BELOW.**

**Center Musician: Allen Stanley**

What if love were not a fleeting feeling, but a daily practice that reveals who you truly are? How much do you practice love as a sacred path to your true divine revelation?

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**Center for Spiritual Living St George**

**Events and Information**

**<https://csl.org/>**

***Welcome, Scott!!***

Reverend Joe Kovach has invited and secured a new Practitioner for our community, joining our blessed Bill Smith and Sue Fullmer. Please welcome him.

Scott Thompson is a CSL Practitioner (since 2018) and a board-certified chaplain with extensive experience in hospice and hospital spiritual care. His background includes years of supporting individuals and families through critical illness, end-of-life transitions, and complex emotional and spiritual needs.

His professional scope also includes more than a decade of dedicated Reiki practice, integrating energy-based healing with his formal training in spiritual counseling. Scott's areas of specialization include:

- Grief support and bereavement care
- Meditation and contemplative practice
- Higher-self awareness and spiritual awakening
- Education in SOM principles and affirmative prayer

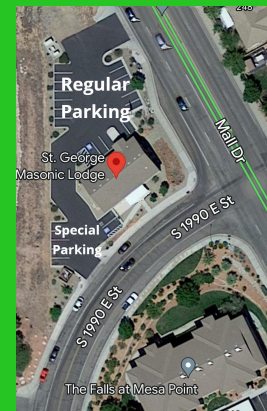
Scott and his partner Larry have been residents of Las Vegas for over 30 years and is proud to call CSL St George his spiritual home.



### **IN-PERSON SUNDAY CELEBRATIONS!**

**April 12th and 26th  
11:00am**

**Come join us and bring a friend!!  
262 S Mall Drive**



**Core Council Applications are open**

Serve Your Community and Help Fulfill Our Vision

- **One open seat as of April**
- **Interviews in March**
- **More Information online and in our newsletter**
- **Member Vote at Annual Meeting: April 12, 2026**

**Questions? Contact Core Council:  
Rev Joe, Rev Rachael, Marina, Bill, Charles, Rick, Tim,  
or Allen. Don't delay - your voice matters!**

**Email completed forms. PDF must be scanned.**

Unitarian Universalist Fellowship of Southwest Utah  
Presents



Oh dear! Oh dear! Don't be late—for the  
*Mad Hatter's Pagan Tea Party*

Sunday, April 5<sup>th</sup> at 1:00 p.m.  
Held at Grace Episcopal Church  
1072 E 900 S, St. George  
UUFSSU.ORG



*The Unitarian Universalist Fellowship of Southwest Utah* invites—no, positively expects you—to attend a most curiouser and curiouser gathering as we pop the kettle on and leap down the rabbit hole to explore the pre-Christian origins of Ostara (Easter). Expect laughter, finger sandwiches, music, gifts, sweets, tea, and the strong possibility that time itself may stop (don't worry—it always starts again). Mind the teacups, follow the White Rabbit, and do try to keep up—or you'll be late for something delightful. Big hats, bright colors, silly socks, and sparkly nonsense are all welcome and encouraged. There is no such thing as “too much” here.

*So grab your grown-ups, pick a hat, and please join us—because it would be very rude to miss such a perfectly mad celebration.*



Sunday, April 5<sup>th</sup> at 1:00 p.m.

Unitarian Universalist Fellowship of Southwest Utah

Held at Grace Episcopal Church

1072 E 900 S, St. George

MARCH



CSL St George

PRESENTS

# FINANCIAL PEACE UNIVERSITY

Empower Your Future.  
Take Control of Your Money

APRIL 14

Charles@cslsg.org



## PRAYER REQUESTS:

Our Practitioners are available for a moment of prayer online.

Email practitioners for prayer at: [cslsg.org/about](https://cslsg.org/about)



Details in newsletter and at [cslsg.org](https://cslsg.org)

## Invest in Your Spiritual Home

Your gifts make a difference. Step into service and help our community thrive!

Soundboard Tech



Video Streaming Tech



Greeters



Kitchen Support



Your hands, your heart, your home.

Visit our Website

## ***Invest Your Treasure in Our Community!***



**Give with Zelle:** HERE are the instructions. EMail us if you need further assistance:

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

**Give Online:** Paypal link is on our website (grey button below): [cslsg.org](https://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



To view  
Core Council minutes, please email:  
[rickcannata@cslsg.org](mailto:rickcannata@cslsg.org)



To get information  
about the financial status of  
Center for Spiritual Living St. George,  
please email: [treasurer@cslsg.org](mailto:treasurer@cslsg.org)

## **Centers for Spiritual Living Opportunities**

<https://csl.org/>

Centers for Spiritual Living has a lot to offer at [csl.org](https://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/>**

### **America 250 Celebrations**

Statewide events: [america250.utah.gov/events/](https://america250.utah.gov/events/)

Santa Clara events: [santaclarautah.gov/america250](https://santaclarautah.gov/america250)

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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