



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*



September 2024

Pieces Into Peace

Peace: It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm

in your heart.
~ Unknown

Visit our Website



Peace...Calm...Love... And...

When I think of peace, I think of calm. I think of love. I think of groundedness. But I know that peace is bigger than that—there are components to creating the sanctuary of calmness. So, what are those pieces? They are compassion, forgiveness, and openness to understanding different perspectives.

We gain peace on multiple levels. One level is deeply personal, an intimate experience that happens inside our bodies, inside our minds, and inside our consciousness. It is the peace that resides within us, a state of being that we cultivate through our thoughts, emotions, and actions.

Another level of peace is found in our daily lives, in the relationships we honor, and the people we engage with. It's in the way we interact with others—the strangers we share the road with, the colleagues we work alongside, and the loved ones we cherish. This peace is reflected in our ability to maintain harmony in our interactions, to communicate with kindness, and to treat others with respect and understanding.

Then, there is peace on a larger scale, in our communities, and in the world at large. It is the peace that we seek amidst political disagreements, social conflicts, and even wars. This peace seems more elusive, more difficult to grasp, yet it is deeply connected to the peace we cultivate within ourselves and in our personal relationships.

I believe that the three components—compassion, forgiveness, and openness—are key to achieving peace on all these levels. Mahatma Gandhi once said, "Be the change you want to see in the world." I believe this to be true. If we want peace in our world, we need to develop the skills and the ability to create peace within ourselves first. It begins with our inner world, with the thoughts and feelings that we nurture.

We must also learn to communicate with our loved ones in a kind, understanding, and peaceful manner. This means practicing patience, listening with empathy, and speaking with respect. It also extends to our interactions with others in our daily lives, whether it's the clerk at the store or our supervisor at work. The peace that we seek is not something outside of us, but something that we carry within us.

I know that when I feel the world swirling around me, when confusion and overwhelm take over, only by getting quiet inside can I overcome the dissonance. I recommend the practice of finding that quiet place within. We have so many ways to do this today—through meditation, mindfulness, and



PRAYER REQUESTS **Our Practitioners want to support you in prayer.**

Email practitioners individually (click on their picture) at cslsg.org/about



To view Core Council minutes, please email: suegfullmer@gmail.com



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



simple acts of presence.

Meditation doesn't have to look like sitting cross-legged on the floor with your fingers in a circle on your knees. Meditation can be a mindful walk, paying attention to each step, feeling the muscles that engage as you move. It can be singing a song while doing the dishes, fully immersed in the moment. Sometimes, we get so caught up in doing things the "right" way that we forget there is simply the doing.

There are many components to creating peace in our lives and in the world. But it all starts inside of us. When we cultivate peace within, it radiates outward, influencing our relationships, our communities, and, eventually, the world. Peace is not a distant dream; it is a present reality that we can build, piece by piece, beginning with ourselves.

Reverend Rachael Dilling
Staff Minister

Learn a bit more about our Staff Minister, Rev Rachael Dilling. Read More.... Click [HERE: A Journey of Growth and Service](#)

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
After online-only services
12:00pm

[ZOOM LINK](#)



**Reverend
Joe Kovach**
Spiritual Minister

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

September 2024 Weekly Talks

Pieces Into Peace

When it feels like everything is falling into pieces, how can you find more Peace? When we are confused and asleep in the illusion of separation, there is no Peace in our world. Spiritual wisdom and tools can help us awaken and rise to the Truth that, as Dr. Ernest Holmes said, "Peace is always at the center of our own soul." Oneness, Peace and Harmony prevail. Spiritual tools in our toolkit for Life help us have a Grand Rising in our personal and collective experience of Peace. In this month's topic, we will explore: What is Peace? How to cultivate Inner Peace, Peace with others, Peace in community, and Peace on Earth--and truly put the "Peaces" together to Rise Up and BE the Peace we see in the world.

**CSLSG Spiritual Minister
Reverend Joe Kovach**

*September 1st
Rising from Pieces into Peace*

Today we are going to explore what is Peace by first talking about



what is “not peace”, learn how Dr. Ernest Holmes defined Peace, and discover spiritual tools to take us to that place within that is always filled with the God quality of Peace whenever we need it, truly transforming the pieces of our lives into Inner Peace.

September 8th Waking Up to Oneness

When we view the world through the lens of “otherness” or separation (in “pieces”), it can be a scary place. We may not feel safe and feel like we need to protect ourselves, thus reacting out of defensiveness and fear. When we have a Grand Rising, intentionally waking up to a world of Oneness (Peace) and Namaste, “The Divine in me recognizes and honors the Divine in you,” then we move to a place of love, curiosity, cooperation and compassion—our lives change for the better, experiencing a world filled with Peace, Love, and Harmony now.

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



September 15th Guest Speaker

Eugene Holden RScP

Om Shanti Om

“Sangha” is a Sanskrit word from the Buddhist and Yogic philosophies meaning Spiritual Community: a place where people come together to support each other’s spiritual growth and practice a culture of Love, Peace, and Belonging.

There is POWER in coming together as a CSL Peace Sangha—supporting each other to BE the Peace we SEE in the world. Today we will learn about this power and ways that our CSL Peace Sangha can have a Grand Rising--lifting the collective

Consciousness and further putting together the “pieces of Peace” in the world.



September 22nd Staff Minister

Rev Rachael Dilling

Imagine Peace

What we focus on grows—it is the Law of Attraction in action. If we use the power of our thoughts to focus on all that is wrong in the world—we will experience more of what is wrong in the world (a world in “pieces”). If we use the power of our thoughts to Imagine Peace, we will start seeing those pieces turning into Peace and a Grand Rising is revealed! Let us join the dreamers of the world to Imagine the Sweet Reality of Peace Now.

*September 29th Speakers
Practitioners Plugged-In
Putting the Pieces Together*



This past month we have explored inner Peace, Peace with others, Peace in community and World Peace. Today, we are going to put all of the pieces of Peace together to explore the question, "What is mine to do?" to have a Grand Rising and reveal Peace on Earth Now.



Center for Spiritual Living St George Events and Information



SWITCHPOINT *Volunteering*

The Switchpoint meal service project is happening! A total of nine CSLSG members have prepared and served two meals in August. Serving a third meal is scheduled for the Friday, August 30 dinner. Participating members have enjoyed the experience. Switchpoint is very appreciative of our efforts.

IF YOU'D LIKE TO BE ON THE LIST NEXT TIME, EMAIL Tim McGeachy
tim.mcg10003@gmail.com



We Need YOU!

As CSLSG expands into our Vision of a vibrant, inclusive, purposeful Center and community, we are in need of YOUR HELP. Remember that saying: many hands makes light work? It will take all of us to bring our vision into fruition. Think about your skills and what you would like to offer.

Some of the possibilities that we know SO FAR: sound tech, helping in kitchen, greeter at the door, setup, cleanup, sacred reading online, volunteer coordinator, musician/singer... and more will unfold, we know (youth programs, community outreach). Especially as we are meeting more often or ALL the time!!!

Email stgeorgecsl@gmail.com, revjoe@cslstgeorge.org, or anyone on Core Council to discuss the possibilities. Or talk to us in person on September 8th!!



IN-PERSON SUNDAY SERVICE!

September 8th, 11:00am

Come join us and bring a friend!!

262 S Mall Drive

Entrance at the white awning.

Meet and greet at 10:30.

Stay after for a treat (feel free to bring a dish to share!) and socializing.

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



School Supply Drive!

We are collecting school supplies that will be donated to Switchpoint. Please bring your contributions (pens, pencils, paper, notebooks,

backpacks, and more) to our in-person service on the 8th.

Grateful for your help to contribute to our greater community.

POTLUCK WITH US

Core Council will continue to provide coffee, tea, water and pastries at our in-person services.

AND we invite ANYONE to bring their favorite potluck snacks.



SHARE IN ABUNDANCE AND PROSPERITY

Give with Zelle: 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

Centers for Spiritual Living Opportunities

Centers for Spiritual Living has a lot to offer at 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

St George Interfaith Choir

To join rehearsals any time contact
Kathy Brown kathybrown13@gmail.com.
All singers are welcome.



Visit our Website

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

STAY CONNECTED



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