



*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*



# Sticking the Landing

**Life isn't as solid as we're conditioned to believe it is.  
Life is a constant flow – but we get to surf on and  
even direct that flow in our lives.**

Visit our Website



## Welcome to December

It's time to start baking Christmas cookies and dust off our shopping carts as the countdown of shopping days has begun!

December's theme is "Sticking the Landing" and includes these weekly themes:

- *Standing on Solid Air – with Rev. Joe*
- *Hearts Ablaze – with Rev. Joe*
- *Flowing Ground – with Rev. Joe*
- *The Incredible Light of Being – with Rev. Rachael*
- *Expanding at the Top – with Practitioners Plugged-In*

At the end of our year focusing on Living Out Loud, "sticking the landing" is symbolic, like a gymnast at the end of their routine, finishing the exercise with style and flourish and grounded in timeless principles! Using both elements (such as air, fire, water, earth and light) and flow of consciousness (thought, feeling, form, wisdom and Spirit), we'll wrap up 2024 and prepare for the upcoming new year.

But before we rush off to 2025, I invite you to join me in reflecting on some of what has transpired over the past twelve months. It seems like only yesterday that we re-started in-person services, but in fact that was more than a year-and-a-half ago. It has been so heartwarming to see familiar faces on a regular basis. We have also begun our second in-person service each month. I know it will just be a (small) matter of time until we're together as a spiritual community every Sunday!

This year, 2024, also found us rolling out our new Purpose, Vision and Mission, the very blueprint of what CSLSG is and will continually strive to be. These are the culmination of deep introspection and hard work from our Leadership Team. We also had some changes to our governing body, the Core Council. We said goodbye (for now) to some CC members and added another (me!). I am so very grateful and blessed to have the opportunity to serve you all in this capacity and look forward to doing so for the upcoming future.

There are probably many other milestones that I am overlooking, but what may be the most significant change for us is the addition of our new Staff Minister, Rachael Dilling.



## **Live Inspirational Service**

In-Person  
2nd and 4th Sundays

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**



## PRAYER REQUESTS

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

Email practitioners individually (click on their picture) at **[cslsg.org/about](https://cslsg.org/about)**

She demonstrated her beautiful consciousness and value to our community quickly and has impressed me from Day 1!

The 2025 global theme, "Rising Higher, Growing Deeper", embodies the essence of emergence - the idea that intricate systems and patterns evolve from many simple interactions.

In a world filled with diverse lived experiences, understanding and valuing complexity and nuance is essential for CSL as we continue to create a world that works for all. We will spend 2025 moving away from binary thinking, opening ourselves to the 'both/and,' embracing the paradoxes and complexities that exist today. This holistic approach acknowledges that true wholeness requires integrating all aspects of life, moving beyond superficial spirituality towards a more profound and inclusive journey. As Rev. Darrell Jones, CSL Minister and author of *Soul Gym*, reminds us, "There is so much God to consider."

This year, we will consistently move towards greater awareness, recognition, and appreciation of the vastness of the Divine through the multifaceted nature of God found on our planet.

I thank you all for a wonderful 2024 and look forward to sharing a "Higher, Deeper" 2025 together!

**Blessings,**  
**Bill Smith, RScP**  
Practitioner



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)



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

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

## December 2024 Weekly Talks

### **Sticking the Landing**

At the end of a gymnastics performance, after all the spins and twirls, the gymnast must land upright on their feet. At the end of this year, having explored *A Grand Rising*, we land on our feet, grounded in timeless principles. We'll use both elements (air, fire, water, earth, and light) and the flow of consciousness (thought, feeling, form, wisdom, Spirit) to wrap up this year and prepare for the next.



**CSLSG Senior Minister  
Reverend Joe Kovach**

*December 1st  
Standing On Solid Air*

Everything is created twice – first in mind, then in form. Our thinking and our beliefs have a powerful influence on our lives. Emma Curtis Hopkins declared “There is no matter” as her second denial. While we might disagree based on today’s scientific wisdom, we do recognize that matter is an emanation of Spirit. The quantum physicist will tell us that things are nowhere near as solid as we perceive them to be. What we call thought and form are both, ultimately, energy being shaped by conscious expectation and perception. Thus, we begin with the core beliefs of our SOM teaching, as the “solid air (thought)” upon which we stand.

*December 8th  
Hearts Ablaze*

We are feeling creatures who think – so says Dr. Jill Bolte Taylor, in her book *Whole Brain Living*. We can have all the words, all the information, all the intellect crammed full of facts, yet it is our feeling heart that is the true source of the power of the One Source moving through us, animating our life. We can be worn down by what Howard Thurman calls “the dust and grit of the journey.” (from *The Moments of My High Resolve*) We can get lost in despair, disillusionment, and even disbelief. But if we can catch the divine spark, if we can let the holy invade the fog of separation, the Light within rekindles and blazes up with new vigor and inspiration.

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

*December 15th  
Flowing Ground*

We think of our world as solid, but Holmes reminds us that “we are dealing with a fluent force.” We can learn to flow with liquid law and not be stopped by appearances of solidity. It takes a shift of consciousness and a grounding in Truth Principles to look “solid facts” in the eye and say, “You are not so real after all!” Just as we have come to understand that thoughts are things, we also become aware that things are thoughts in form. Change the thoughts, change the things.



*December 22nd  
Staff Minister  
**Rev Rachael Dilling**  
The Incredible Light of Being*

This month, the darkest of the season in the northern hemisphere, has so many celebrations of light. December 8th marks Bodhi Day, celebrating the enlightenment of the Buddha in much of the Buddhist world. The Wiccan tradition of Yule on December 21st honors the passing of the shortest day of the year, remembering the return of light. Christmas celebrates the birth of Jesus, the Light of the World in the Christian tradition. December 26th marks the beginning of both Hanukkah and Kwanzaa, with the symbology of candles. And the season of Advent also uses candles to remind us of the light. “Upon the night view of the world, a day view must follow.”

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

*December 29th*

## Practitioners-Plugged-In

### Expanding At The Top



As we complete this year of “A Grand Rising,” we look forward to what’s next. How do we take all that we have learned this year and rise into the next? We say that we are “open at the top.” It’s one thing to be open, it’s another to expand into that openness. There is an old Zen saying, “When you get to the top of the mountain, keep climbing.” The principles – the mountain – stay the same. Our relation to them expands as our minds, hearts, and wisdom expand. It is comfortable to stay with the old, tired, and

true – but growth does not happen in old comfort. Darn!

*Happy*  
**THE BODHI DAY**



**YULE**  
**Magick**  
& WINTER SOLSTICE  
**CELEBRATIONS**

[WWW.WHITEWITCHPARLOUR.COM](http://WWW.WHITEWITCHPARLOUR.COM)



MERRY  
CHRISTMAS





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



***We Need YOU!***

**We invite you to join in on the fun, companionship, and joy of service in our expanding Center. It takes many hands to bring our vision into fruition. Here's how YOU can help:**

- Organizing snacks for in-person services
- Apply for Core Council - 4 positions

available

- Sound tech. Allen provides training - anyone can do it!
- Greeter at services.
- Do a 2-3 minute reading at online services
- Help setup before in-person service
- Clean up after services
- Keep your eyes open for our new permanent location

**Email [stgeorgecsl@gmail.com](mailto:stgeorgecsl@gmail.com), [revjoe@cslstgeorge.org](mailto:revjoe@cslstgeorge.org), or anyone on Core Council to discuss the possibilities (email addresses on website). Or talk to us in person!!**

**Marina is donating blood on December 2nd... care to join her??**

**American Red Cross**

*Give blood.* Help save lives.



**Blood Drive**  
**St. George Regional Hospital**  
**Intermountain Cancer Center**

Cancer Center Auditorium  
600 S. Medical Center Drive  
Saint George, UT 84790

**Monday, December 2, 2024**  
**11:00 a.m. to 5:00 p.m.**

To schedule your appointment or for more information, please log on to [redcrossblood.org](http://redcrossblood.org) and enter the Sponsor Code: "St. George Regional Hospital" or call 1-800-RED-CROSS (1-800-733-2767)

If you have questions regarding your eligibility to donate blood, please call 1-866-236-3276.



Give Nov 18 to Dec 8 for two pairs of custom FRIENDS + Red Cross socks, ltd qty. Keep one, gift one!

1-800-RED CROSS | 1-800-733-2767 | [redcrossblood.org](http://redcrossblood.org) | Download the Blood Donor App

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[113]-Order ID: 1720835-Item ID: 820458-Qty: 1 of 1-866-236-3276-APPN-24524

***IN-PERSON SUNDAY SERVICES!***

**December 8th AND 22nd**  
**11:00am**

**Come join us and bring a friend!!**

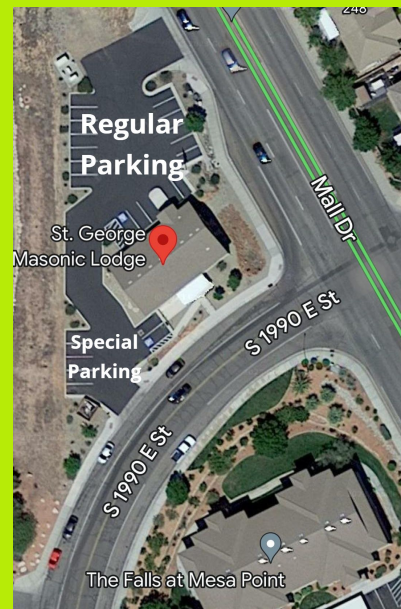
***262 S Mall Drive***

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.



***SWITCHPOINT***





## Volunteering

We continue to support Switchpoint's mission with our unsheltered population in the community by preparing and serving meals in their

kitchen a couple times a month.

IF YOU'D LIKE TO BE ON THE LIST, EMAIL Tim McGeachy: [tim.mcgeachy@gmail.com](mailto:tim.mcgeachy@gmail.com)



## SHARE IN THE ABUNDANCE AND PROSPERITY

Give with Zelle: [HERE](#) are the instructions. EMail us if you need

further assistance: [treasurer@cslstgeorge.org](mailto:treasurer@cslstgeorge.org)

**Give Online:** Paypal link is on our website (grey button below): [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

Visit our Website

## Centers for Spiritual Living Opportunities



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

**Aid for Moldova**

Through Good Shepherd Presbyterian Church  
PO Box 1499  
St George UT 84771  
**YMCA Moldova in memo line**



**Salvation Army Christmas Kettles Ringers**

Major Bob Schmig  
<https://www.registertoring.com>



**Prayer Over the City**

Wednesday January 1 at Noon  
**St George Tabernacle**  
[jimikestin@gmail.com](mailto:jimikestin@gmail.com)



**2025 Interfaith Harmony Concert**

**"We Are One Family"**

Saturday, March 22, 2025 6pm  
**Kuzy Hall @ SG Catholic Church**



**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

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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