



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



March 2023

Living Out Loud! Cultivating Authenticity

Authenticity is the daily practice of letting go of who we think we're supposed to be and embracing who we are.

~ Brene Brown, *The Gifts of Imperfection*

[Visit our Website](#)



The Work of a Masterful Gardener

Greetings again! May this day find you living the life of your dreams. Just writing that feels so Good! Living the life of our dreams! Yet a part of my mind is yelling out loudly, "You can't do that, because..." And then thoughts of past negative experiences and failure fill in the blank, almost



PRAYER REQUESTS

Our Practitioners want to support you in prayer.

Please email your prayer request to

automatically. If only we could use some simple, easy-to-follow formula to change our lives from where we are today to where we feel fully aligned with what we are experiencing! *Dramatic music begins to play.*

Later this month, those living in the United States will witness the Earth shifting from its Winter slumber to the Spring awakening, a season of creation and rebirth. The creative process that Spring uses to create a beautiful garden is used as an analogy within the New Thought teaching to describe how we can navigate changing our life experience to a better one. The three-step process includes Seed, Soil, and Plant, with us as the gardener. In *Science of Mind*, Ernest Holmes likens every thought we think to a "seed" that we "plant" into the "soil" that is the Mind of the Divine Spirit.

The soil used for a garden accepts what it receives without judgment. It does not say to the gardener, "I do not want to grow tomatoes again" or "You didn't do this correctly last time, so I will not grow for you this time." Similarly, our thoughts are planted in an unconditionally loving and receptive Mind and these thoughts can only produce their own kind. In other words, whether we plant seeds of lack, greed, limitation, or of joy and compassion, by action of the Law of Mind, we will harvest the thoughts we planted. Master Gardeners are attentive and do their best only to plant seeds they want to harvest.

For a newly awakened gardener, it can feel tedious to consciously stand guard at the gateway of their mind. Still, eventually, the reward of a bountiful harvest inspires them to stand fast. There are times when we plant unconsciously, and the crops we receive make us feel that life is punishing or testing us. If we are mindfully tending, we can continue to be curious, then uproot and release the weeds, the negative ideas. The resulting benefit is feeling more positive and hopeful. We can even choose to be courageous and plant new thoughts in our minds, treating ourselves to living new and desired experiences.

Seed, soil, and plant are the steps and process of creation. This process is not limited to a year's season, but is a constant sacred cycle. Each person is a gardener who chooses the seeds they are planting and holding in their minds, directly impacting their own lives. What grows, and the level of love and care it receives, can only be determined by the one who planted the crop.

We are all master gardeners with Infinite Intelligence, Power, and Love. Even when we feel weak or not good enough, our garden soil awaits us without judgment and always says "Yes" to what we want to experience. Let us begin where we are, with what we have, and know it as Good.



Reverend Joe Kovach
Senior Minister

If you have questions or comments for Rev. Joe, please email revjoe@cslstgeorge.org.

prayer@cslstgeorge.org
or email practitioners
individually at
cslsg.org/about



CSLSG Community **Care Circle**

Let us provide compassionate support with Life's challenges and joys.

*Leave a message at
435-893-6702*

to engage this free and confidential service



CSLSG Wedding **Officiant**

Mary Klein, RScP,
performs marriages,
commitment ceremonies, and
wedding vow renewals.
Reply to this email for more
information.



To view
Core Council minutes, please

Online Sunday Gatherings **Inspirational Service 11:00am**

(Broadcast will start at 10:55am with announcements and video)

[FACEBOOK LINK](#)

[YOUTUBE LINK](#)

Community Zoom Conversation 12:00pm

[ZOOM LINK](#)

2023 - Living Out Loud!

Long live the Spirit, the Source, the Seat of Consciousness.
Create your year Living Out Loud the way we are intended to do,
with Divine Intelligence as the Center of our being.

March 2023 Weekly Talks

Cultivating Authenticity

To live out loud means for us to fully express who we are and who we have come here to be. We will explore the practice of cultivating authenticity which empowers us to step into all areas of our life in integrity with our real authentic self. Cultivating authenticity is not about becoming something other than who we are; rather it involves us in releasing those patterns of thought, attitudes, and actions that act as barriers to us standing in our personal truth and power. And by taking up this practice we develop courage to be vulnerable, to stand in that truth.



CSLSG Senior Minister Reverend Joe Kovach

March 5th

Everyone Else is Already Taken

It has been said, "Be yourself because everyone else is already taken." While we may nod our heads in agreement, we find ourselves sacrificing ourselves in order to fit in and for others to like and approve of us. Starting with our authentic Self as an expression of the Divine, we will explore a means for us to recover a consciousness of our wholeness.

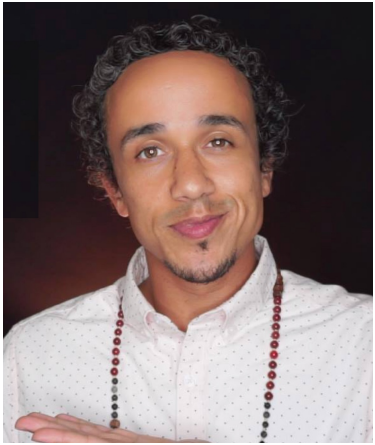
March 12th - Dropping the Masks and Bushels

Human beings wear masks at different times for different reasons. There are also times and situations that we wear "masks," changing or hiding who we are, to protect our heart and emotions. Hiding what we think and feel from others because we want to be accepted and belong keeps our light from being seen; it would be similar to hiding a candle under a bushel (basket) rather than putting the lit candle in a holder to light the room. Having the courage to be vulnerable, to drop our mask and let our light be seen and felt, is another piece in cultivating authenticity.

March 26th - No Approval Needed

There is no way to talk about authenticity without addressing the elephant in the room: the feelings of shame and unworthiness. Shame is universal in the human experience. It is the feeling that we are "not enough." It is a fear of being unlovable that convinces us that if we work harder, change

ourselves, keep some parts hidden from others, then maybe, when we finally become enough, we will then be worthy of love and connection with others. Shame can become a guide for us to the areas that we do not yet love and accept ourselves. It is in those areas we are seeking our worth through the approval of others.



March 19th Guest Speaker
Jeffon Seely

Boundaries Build Bridges

Boundaries are where we end and the other begins. Nancy Levin in her book, Setting Boundaries Will Set You Free, defines boundaries as “*a limit that you set to define what you will or will not do, or what you will or will not accept or tolerate from others.*” If we desire to express ourselves authentically then it is up to us to become familiar with and clarify these boundaries for ourselves and others. Boundaries are the container in which our authentic self resides.



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 Gathering

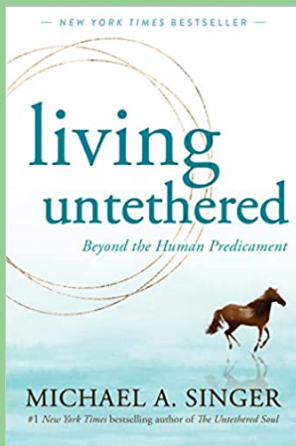
Saturday March 11th
10am - Noon

Details to follow.

We may gather for a couple extra hours - keep your calendar open!

More info in the Friday reminders.

Come gather with your friends and community!



CSLSG BOOK CLUB

THURSDAYS
6 - 7pm MST

Come join the conversation
even if you don't have the book!!

Email for info:
suegfullmer@gmail.com



Spread the Love!

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

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? To have a place to make suggestions or comments about your experience? To connect

with CSL members globally? Get newsletter updates? Or maybe even get more involved?

The CSL Member Council invites you to check them out.

World Ministry of Prayer commits to holding the light of an ever-expanding global consciousness, standing in Truth, Principle and Love.

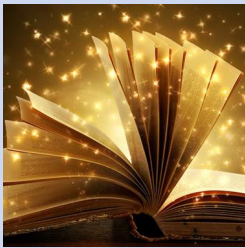
[CLICK](#) to request a prayer.



The **Heart of Peace Initiative** is a subcommittee of the Global Services Committee and is also dedicated to carrying the message of Science of Mind through peace to our international communities. [CLICK](#) to connect to: Monthly Newsletter Articles | Find a Meditation Group | Start a Meditation Group



Spiritual Living Circles are groups of people who come together to discuss articles that are published in the Guide for Spiritual Living: Science of Mind magazine. [CLICK](#) for more information.



Centers for Spiritual Living Books Explore our expansive library of books in the CSL Book Corner. Access spiritual insights from bestselling New Thought leaders, or take a journey through the timeless wisdom from Science of Mind Publishing.

[CLICK](#) for more information.



Centers for Spiritual Living Education - Resources are available for spiritual and professional development, practitioner programs, spiritual leadership, advanced degrees and chaplaincy.

[CLICK](#) for more information.



Centers for Spiritual Living Spiritual Tools Centers for Spiritual Living provides easy-to-use tools to nurture your inner self/your soul, so that you can live an inspired, healthy and happy life.

Awaken your authentic self with prayer, affirmations and meditation.

[CLICK](#) for more information.

St George Interfaith Council Opportunities

Help with food collection
every month

on the second and last Saturday
11:30 a.m. – 1:00 p.m.

GRACE EPISCOPAL CHURCH
1072 S 900E, St. George

For more information, click [HERE](#)



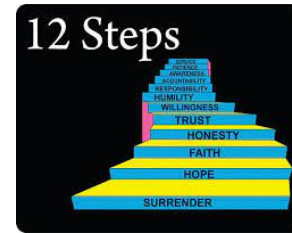
Food Collection

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.



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.



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



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 Gratis Cada Martes 7pm Miércoles 7pm Jueves 7pm Domingo 7pm	English Classes Every Tuesday 7pm Wednesday 7pm Thursday 7pm Sunday 7pm
---	---



Visit our Website

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

STAY CONNECTED



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

[Unsubscribe stgeorgecsl@gmail.com](mailto:stgeorgecsl@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by stgeorgecsl@gmail.com powered by



Try email marketing for free today!