



*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*



**A Bun Dance**

**The universe operates through dynamic exchange... giving and receiving are different aspects of the flow of energy in the universe. and in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives.**

~ Deepak Chopra

Visit our Website



### **Cosmic A Bun Dance**

Thinking at the level of the Higher Self is not hard, however, it is a choice. For instance, how can I be generous with what I don't believe I have? What must I believe for this statement to be true? Or, better yet, what must I remember that could change all my realities?

In my quiet times, I recently started using this thought, "I do not know." I do this in recognition that there is something inside me that does know, a higher state of being that already exists, that has always existed. Ernest Holmes, our founder, said I could use this Higher Mind for good. As a Practitioner of Center for Spiritual Living St. George, with these wisdom teachings, I have learned how to use MIND, and I am still incorporating it all day and every day. We all can.

What I thought into reality I can release now, in this very moment. Forgiveness is not an outside job, because nothing is outside. I am an individualized expression of the ONE MIND, as is everyone.

Turning inward and feeling with awareness, I close my eyes and disconnect from my brain. It makes it easier to tune into what is desired. I ask myself, what does generosity feel like? I journal it. In *The Science of Mind*, Ernest Holmes states, "Everything necessary to the full and complete expression of the most boundless joy is mine now." (290:2) Know this, see this, feel it, BE it.

Start by setting a reminder on your phone to take three deep breaths and say, "Everything necessary to the full and complete expression of the most boundless joy is mine now." Said often enough, there will come a time we no longer have to say it, for it is demonstrated for us, through us. Our mind then becomes this Mind which is used for good. It becomes a complaint free-world that works for everyone. Because it is heard in my mind, it is heard in all minds, no separation. Generously, We The People are One in A Bun Dance.

So, each moment take your "buns" and "dance" as if there is no tomorrow. Forgive yourself, forgive the world, you are free, you are made in the image of Good!!

**Stephanie Starrett, RScP**



### PRAYER REQUESTS

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

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



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**  
Spiritual Minister

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



**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**

**November 2024 Weekly Talks**

**A Bun Dance**

Who doesn't like a fresh, hot bun? Gluten, gluten-free, butter, dairy-free, however you want it. Or, think about a recent potluck you've attended. People coming together to share their abundance where all are welcome. This month we'll be exploring how rising up in our Abundance Consciousness blesses our lives and the lives of those around us.

Grand Rising: Abundance Consciousness is a Grand Rising and we are being clear on how we have that show up in our lives.



**CSLSG Spiritual Minister  
Reverend Joe Kovach**

*November 3rd*  
*Life Is Sweet, Let It Rise*

Abundance is all around us and shows up in a plethora of ways. When we believe in our own worthiness and the abundance that surrounds us, we attract more positive experiences and opportunities into our lives. The opportunities spark creativity and generosity and giving freely and generously, we participate in the flow of abundance and create a positive cycle that attracts more abundance into our lives and creates opportunities for us to be grateful. As we cultivate gratitude, we develop a deeper

appreciation for the abundance around us, and this mindset of abundance attracts more positive experiences and blessings to be grateful for.

*November 10th*  
*More Buns To Share*

A world that works for everyone requires us to begin to understand our interconnectivity and reliance on the Universe and nature. We are part of an A-BUN-DANT universe. Yet we choose to focus on lack or limits to the abundance. Human nature turns toward competition for a limited supply instead of considering how working together we can create more for all.

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

*November 17th*  
*Loaves And Fishes*

During this season of harvest and thanksgiving, we are going to explore having the Faith of God to move beyond any sense of limitation into a consciousness of plenty. As in the example of Jesus feeding the multitude with only five loaves and two fishes, we can each know that God is our source and supply. With childlike faith and deep thanksgiving, we can have a Grand Rising knowing miracles truly happen in our lives—and we can celebrate with A Bun Dance!



*November 24th*  
*Staff Minister*  
**Rev Rachael Dilling**  
*Rise Up And Dance*

We can look around us and notice the abundance of nature, but how often do we truly look within and witness the magnitude of abundance that is present? Gratitude is its own magic and a key to expanding our Abundance Consciousness. Resting in the knowing of abundance within and without elicits a profound sense of satisfaction and peace. When we acknowledge the good that we have, realize that it is who we are, then dancing will occur.

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



# Events and Information

## *Welcome, Christie!*

Active and beloved member Christie Ott has generously volunteered to fill our **Social Media Coordinator** position!! (Thank you to the others who lovingly inquired!! We are so blessed.)

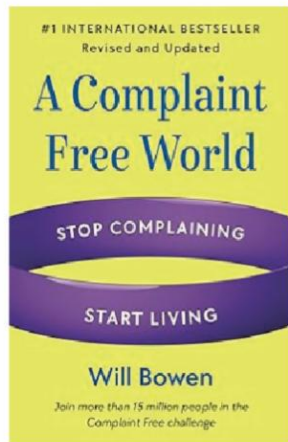
Christie's already skillful countenance will expand as she trains to take over this very important job... of creating our public face in the community. She will manage our website and our social media accounts, e.g. Facebook and Instagram, to inspire our community with thoughtful messages and keep us all informed of upcoming events. She will continue to post our newsletters on the website, providing a library of the history of CSLSG.



Next time you see Christie, say thank you for her generosity, creativity, and commitment to our Center and community.

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# A Complaint Free World



*Want to change your life?*  
*Want to spend time with like-minded people, talking about interesting topics?*  
*Come get tips and practices that can impact your life immediately.*

Rev. Joe and Rev. Rachael are facilitating a journey of self-discovery and awareness, resulting in a happier, more positive life.

**Purchase your own book and join us:**

[https://zs273.infusionsoft.app/app/storeFront/showProductDetail?productId=80:](https://zs273.infusionsoft.app/app/storeFront/showProductDetail?productId=80)

4-week class  
**Tuesdays, 11/5/24 - 11/26/24**  
6:00 PM–8:00 PM (MST)  
Zoom Class

<https://us02web.zoom.us/j/85988078629>

**Love offerings are appreciated.**

**Recieve Bracelets at In-Person Service on 11/10/24**

No need to register... get your own book and use the zoom link above to simply show up on Nov 5th. Use any bracelet to get started before you get your bracelet on the 10th...



***Come Picnic With Us!***

**Pioneer Park**  
**375 Red Hills Parkway**  
**Saturday November 9th**  
**Noon to 4pm**

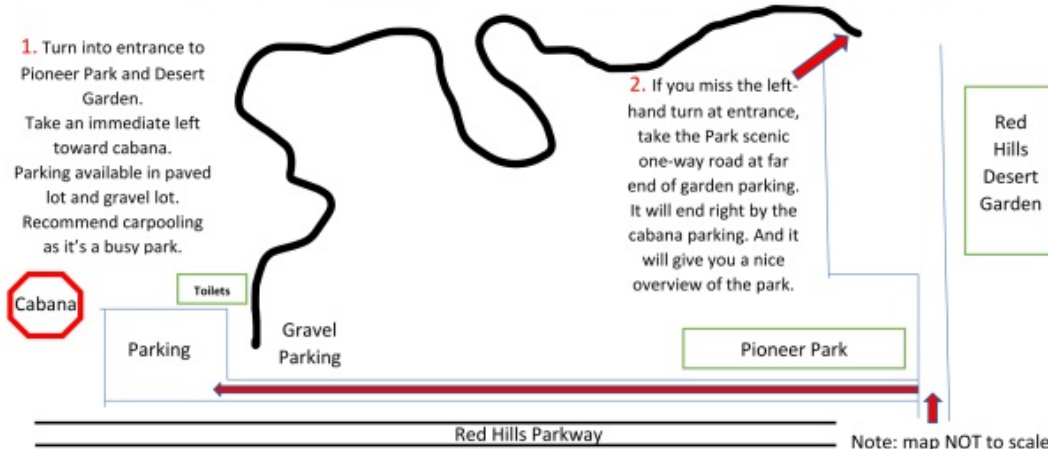
Let us gather in friendship and joyful togetherness!! We will provide some

food and beverages for the gathering, AND you are welcome to bring a dish to share.

**We look forward to seeing you there!!**



1. Turn into entrance to Pioneer Park and Desert Garden. Take an immediate left toward cabana. Parking available in paved lot and gravel lot. Recommend carpooling as it's a busy park.



**IN-PERSON SUNDAY SERVICES!**

**November 10th AND 24th  
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.



***We Need YOU!***

**Are you as excited as the rest of us that CSLSG is expanding and**





## 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

### 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



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

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