



*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*



## **2025 Rising Higher, Growing Deeper February: Radical Interconnection**

**Love and trust are not concepts or tactics. They are ways of being with someone, ways of being in the world, and ways of being in your body. We experience love and trust in our bodies. For me to love and trust you, my**

body needs to sense that you deserve that love and trust. Yours will need to sense the same thing about me. This is visceral not cognitive.

~Resmaa Menakem, *My Grandmother's Hands*

Visit our Website

### Interconnection Far and Near!

The February theme of Interconnectedness brings to my mind all those I love who live long distances from me. I moved from Salt Lake City to St. George in 1985 for the relief from arthritis pain that the warmer weather would provide. I left my parents, siblings, other relatives, and friends. Being far away and trying to maintain a relationship brings a different kind of connectedness. I enjoy living in the same city with my daughter, but my sons and grandchildren live miles away from me. It takes effort for anyone to stay in touch and, when we do have those precious times of being physically together, they seem more important. It's easy to take the closeness for granted when you live near the people you love. And distance can lead to not even knowing each other, if you're not careful.

I've learned that interconnectedness doesn't just happen because you are related or care for each other. You have to create moments of connection. Similarly, our connection to God, the Creator, the Holy Spirit is there because we are part of the All-That-Is, but our closeness is only determined by our effort to make contact. The illusion we have of separateness from our spiritual family (God, all humans, and all life) can only be healed by our doing something about it. Just as we need to contact our loved ones to stay in touch, we contact Spirit through prayer. Being a good listener builds relationships, including listening to the Divine through meditation and contemplation. To stay close, we show interest in what others are doing. Likewise, if we want to know the Divine, we can read about others' means of connection and school ourselves on the nature of God. Getting together and showing care binds family and friends. Love, compassion, and service strengthen the interconnection with our spiritual family.

My spiritual practices of prayer, meditation, reading, and writing keep me close to Spirit. I enjoy taking advantage of the many opportunities that help me feel connected to the Divine and my spiritual family at CSL St. George. I need all of you to be there to feel fully interconnected.

February Blessings,

**Sue Fullmer**

Practitioner, Core Council Secretary



### **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)**



To view  
Core Council minutes, please email:



**Reverend  
Joe Kovach**

**Spiritual Director**

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



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)

## **February 2025 Weekly Talks**

### **Rising Higher, Growing Deeper Radical Interconnection**

We tend to focus on the “science” in *Science of Mind*, but living is as much art as science. Every moment we are creating, and we never create in a vacuum. Every moment we are creating with all beings (human and non-human) alive now as well as all who have ever lived. Every moment we are weaving and are woven into a great tapestry of interbeing. We are called, as conscious beings, to participate in the transformation of our world.



**CSLSG Spiritual Director  
and Senior Minister**

**Reverend Joe Kovach**

*February 2nd*

*Emptiness - The Wonder of Interbeing*

When we can free ourselves from the idea of separateness, we have compassion and understanding, and we have the energy we need to transform ourselves and the world.

*February 9th*

*You Are Enough - The Art of Happiness*

The Art of Happiness is the art of living deeply in the present moment. With mindfulness and insight, we can free ourselves from restlessness and craving, and realize we already have enough, and we are enough to be content.

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

*February 16th*



As I uncover my hidden biases, thoughts, and stories, I can change the way I relate to the world, and I can participate in its transformation.



Staff Minister  
**Reverend Rachael Dilling**

*February 23rd*  
*Letting Go - A New Way of*  
*Being Together*

The seeds of awakening and love are in all people and all species on Earth. With a spiritual dimension in your life, you can live deeply in every moment, and with that energy you can take action to protect the planet and all living beings.

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

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



### **NEW CLASS OFFERING**

**Change Your Thinking,**  
**Change Your Life**

**6-week course beginning**  
**Tuesday February 18th**  
**6pm MT/5pm PT**

**2.5 hour class**  
**\$50 fee**

Welcome to *Change Your Thinking, Change Your Life*. This course, which will be taught by Rev Rachael Dilling, is designed to uncover beliefs, thoughts, and behaviors around relationships, money, and health. Using powerful tools and narrative, discover how to improve these areas where necessary, and grow in areas that are already good.

This class contains 6 modules: Begin Where You Are, Using Spiritual Principles and Practices to Facilitate Change, Creating Thriving Relationships, Abundance is Your Natural State, Health and Wholeness, and Wrap-Up and Celebration.

This class fulfills requirements for foundational classes to take more advanced classes, AND fulfills the requirement for applying for CSLSG Core Council.

**Please register by emailing Rev Rachael Dilling at [RNDilling@gmail.com](mailto:RNDilling@gmail.com). Your registration fee can be paid through PayPal or Zelle. Please note that your payment is for the class.**

**(Zelle instructions [HERE](#) .)**



## *Share Your Skills!*

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 - talk to Rev

Joe or anyone on Council

- Sound tech. Allen provides training - anyone can do it!
- Greeter at services. (Talk to Marina or Anna)
- Do a 2-3 minute reading at online services
- Help setup before in-person service (Just show up at 10am!!)
- Clean up after services (simply stay and lend a hand!)
- 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!!

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

**February 9th AND 23rd  
11:00am**

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

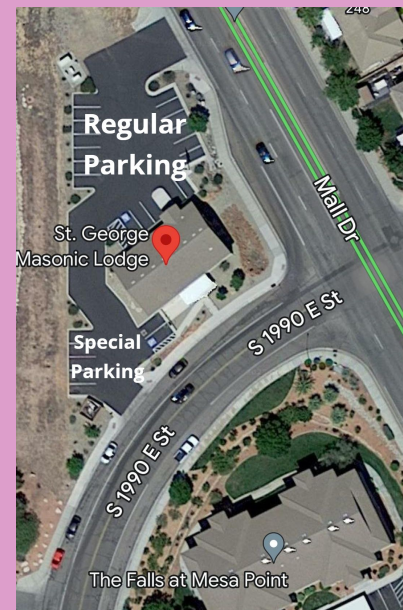
262 S Mall Drive

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.



***SHARE IN THE  
New Year's  
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](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

Visit our Website

## Centers for Spiritual Living Opportunities



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

**2025 Interfaith Harmony Concert**

**"We Are One Family"**

Saturday, March 22, 2025 6pm

**Kuzy Hall @ SG Catholic Church**

**Join the CSLSG Joy Singers by contacting Allen or replying to this email.**

**Or, simply show up for the fun on March 22nd**



**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 | <https://www.cslsg.org>

STAY CONNECTED



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

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