



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



**The Everyday Wonder
of Play**

God sings all the songs, dances
all the dances, paints all the
pictures, creates all art, writes
every book, plays every game.

~Ernest Holmes, *The Holmes Papers*, p2, 34

Visit our Website



Hello,
Lovely
CSLSG

Community!

Here we are, bursting into Spring and marking 2 years of a global pandemic. I think back to where we were in 2020 and my how things have changed! I don't mind change; I recognize its gifts and appreciate the growth it typically offers. That's not to say it's always easy, but generally the ease, or lack thereof, lays directly in our choices of perception and reaction. Free will, right?

I have heard the phrase "self-care" a lot more than usual over these past couple of years, and understandably so! I have used it myself. Quarantine and hibernation gave us an excuse to rest a bit more, to say "No Thank You" a little easier, and to spend some alone time getting to know ourselves without as much external influence. I personally benefitted from all of those things. And I did learn more about what my body, mind, and heart need to rest and to thrive. My priorities shifted; some rose to the surface and some floated away. A good soul-cleansing.



Sacred Covenant

There is only One Life.
That Life is God's Life.
That Life is Perfect.
That Life is my life now.

In knowing that...

**To read the full
covenant,
[CLICK HERE](#)**



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

Please email your
prayer request to
prayer@cslstgeorge.org
or email them
individually from our
website

I wonder though, now that we have this 2-year hindsight, should we continue to make self-care a separate thing from the whole of our lives? I'm not so sure.

Ernest Holmes writes in the *Science of Mind*, "The root definition of *cured* is 'cared for.' If we say that a disease is *incurable*, we are saying that it is not sensitive to care. As long as any cell is alive, it is sensitive to care..." (216-3)

It would make sense, then, that cells are also sensitive to neglect or harm. So, what might we be doing that doesn't qualify as *caring for the self*? And then ask, why? Why would we settle for anything that hurts us? What I have come to realize is that perhaps it should ALL be self-care. Everything I do should, in some way, provide tender loving care to my self.

We should feed ourselves well. Move our bodies regularly. Challenge our minds. Open our hearts. Stir our souls. And since this month Centers for Spiritual Living is focusing on PLAY, we should also have some fun! We should take such good care of ourselves that self-care simply becomes a way of life, not just a Tuesday afternoon. Think about it... maybe take a little inventory of those things that feel uncaring in your world and decide if it's time to make some changes.

Your cells and your soul will thank you.

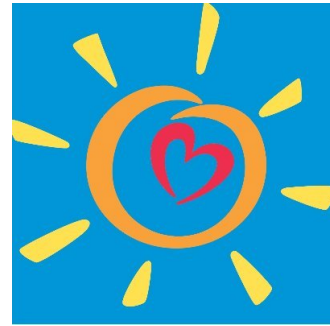
Blessings!

Cheryl Barlow

Core Council / Music Leader



(cslsg.org/about)
or leave a message at
435-893-6702



CSLSG Community Care Circle

Let us provide
compassionate support
with Life's challenges.

*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 and she
will respond to you
directly.

Paypal online donation

Online Sunday Gatherings

Guided Meditation 10:45am

Inspirational Service 11:00am

Community Conversation 12:00pm

Spirit has created each one of us with an overflowing capacity for Joy, Balance, and Freedom. And yet, we have a very human tendency to get caught up in the busyness of the world and forget to engage these essential aspects of our Divine selves. Play is a sacred activity, absolutely necessary for our complete expression in this life. The most everyday of activities, play connects us with a sense of wonder and creativity. Play is healing to the body, mind, and heart and connects us with others and inspires our greater yet-to-be.

March Speakers



March 6th

Reverend Joe Kovach

Playing Twister With God



March 13th

Jeffon Seely

A Spoonful of Humor IS
the Medicine



March 20th

Eugene Holden, RScP

I'll Rest When I'm Dead



March 27th

Anita Schoeff, RScP

So Happy Together

Online Links

You can access each meditation and service on
CSL St. George Facebook page.

<https://www.facebook.com/CSLSG/live/>

Meditation and service will also stream on YouTube.

<https://www.youtube.com/channel/UCmmd5S1h6OjZpkgndmt5l6A>

Community Conversation on Zoom at Noon.

<https://us02web.zoom.us/j/5628970832>

**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.



SPECIAL ANNOUNCEMENT

Center for Spiritual Living St George
has recently received a new application for our senior minister position. The ***Minister Search Committee*** is again at work with the Divine process of discernment, visioning and interviewing.

**We will keep you posted!!
Keep lending your energy and voice to
our Sacred Covenant above.**



Important CORE COUNCIL ANNOUNCEMENT

Our beloved Gwen Hadley has found the need to step down as Treasurer of your Core Council. However, she will remain an active and valued member of the Council as our Events Coordinator. We are so grateful

for the continued blessing of her beautiful service and contribution!

And... this does present us with a great need for a new member of Council. Is CSL St George an important part of your life? Do you have the desire to serve your community and see our Center continue to grow and flourish? Do you have the skills to be our Treasurer? (You don't need a masters degree in accounting, just the willingness to learn some basic skills.) If the answer to any or all of these questions is "YES", we invite you to apply to join the Core Council.

To join Core Council you need:

- *To be a member in good standing of CSLSG.
- *To have a desire to serve your community with your Divine spirit and innate/unique talents and perspectives.
- *To have completed the Foundations or Beyond Limits class. (Or be willing to take one of them in the near future. CSLSG will be offering Foundations very soon. It is also possible to take it from other CSL resources.)
- *To be willing to attend monthly meetings (currently held via Zoom) and be able to respond to email and text conversations on a regular basis.
- *To be willing to participate in the planning and production of the Center's events.

Please reply to this newsletter email, or email marinaanderson@cslstgeorge.org, to get more information and start the conversation.



THURSDAY @
6pm

THIS IS THE
LAST WEEK FOR:
Discover the Power
Within You
Eric Butterworth

NEW BOOK AND
START DATE WILL BE ANNOUNCED SOON!!

Email for information & Zoom link:
suegfullmer@gmail.com



Community Gathering

NEXT In-Person Gathering

SAVE THE DATE: March 26th
Watch for time and location
in Friday Reminders

Rev. Laura Hallett

is offering several classes on Zoom and invites you to join in.

Register by emailing her at

revlaurahallett@gmail.com

CLICK HERE for list of classes available



*Spread
the
Love!!*

- Give Online: Paypal link is on our website: [csllsg.org](https://www.csllsg.org) on the Donation page
- Give by Mail: send checks to CSLSG
PO Box 3132, St. George, UT 84771

Paypal online donation

**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](#)**



Visit our Website

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

