

**Unity Spiritual Center of San Francisco  
2690 Ocean Avenue (at 19th Avenue)  
San Francisco, CA 94132**

**Phone: (415) 566-4122**

**Fax: (415) 566-0840**

**Website: [www.unitysf.org](http://www.unitysf.org)**

**E-mail: [uscsf@att.net](mailto:uscsf@att.net)**

**Office Hours:**

**Monday — Thursday**

**10 am to 4 pm**

**Silent Unity (24-hour live prayer support)**

**1-800-669-7729**

*We celebrate and honor people of every culture,  
of every creed, of every religion, of every race,  
of every age and lifestyle.*

**SPIRITUAL DIRECTOR** Rev. Maggie Oman Shannon

**BOARD OF TRUSTEES**

**USC Board President** Mark O'Keefe

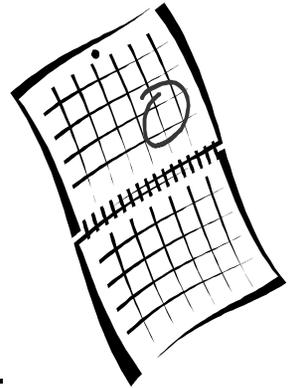
**USC Board Treasurer** Ramona Lancaster

**USC Board Secretary** Rosa Bundy

**USC Trustee** Abbie McGreevy

**NEWS FROM  
UNITY SPIRITUAL  
CENTER OF SAN  
FRANCISCO**

**FEBRUARY 2014**



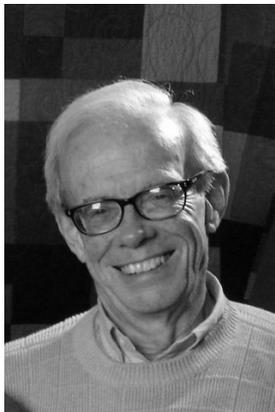
**YOUR FEBRUARY AFFIRMATION:**



**I boldly let go and  
let God and see my  
life unfold in new  
and exciting ways.**

*A Spiritual Community Dedicated to Healing,  
Inspiring and Transforming the Lives  
Of All People Through  
Prayer, Education and Love*

## First Sunday Forum on February 2 at 10 a.m.: Unity Historian and Author Neal Vahle



Please plan on joining us for our February First Sunday Forum on February 2 at 10 a.m., when Rev. Maggie will be interviewing author Neal Vahle. In addition to being the former editor of *Unity Magazine*, Neal also is the author of biographies of Myrtle Fillmore, Charles Fillmore, and Eric Butterworth, as well as *The Unity Movement: Its Evolution and Spiritual Teaching*. It's sure to be interesting and inspiring, so do feel free to bring a friend—First Sunday Forums are a great way to introduce others to USC!

### Saturday Yoga Offerings at USC:

#### Monthly Sessions on February 1 and March 1, 10:15 to 11:30 a.m.

If you've got a New Year's resolution to try out yoga, or if you've simply been wanting to do something that will relax and renew you, mark your calendar for Saturday, February 1, and Saturday, March 1. From 10:15 to 11:30 a.m., certified yoga instructor Adair Boatman will be offering these Saturday sessions of Gentle Flow Restorative Yoga with Hot Stones, which will relieve stress and tension, and promote healing and well-being. The sessions will include music, meditation, breathing for relaxation, and aromatherapy. In this form of yoga, the body is supported with assorted props such as bolsters, blocks, straps and sandbags to help you concentrate on the awareness of your mind and return to your center. The cost for the Saturday sessions are \$15 at the door; for more information, or to register, contact Adair at [yogadair@yahoo.com](mailto:yogadair@yahoo.com) or (415) 312-3500. If you like what you experience, Adair offers weekly classes at USC on Tuesdays and Wednesdays (see next page)!



### Happy Birthday to You!

Best wishes to members of our USC family whose birthdays are in February:

2/2	Lisa Dollar	2/24	Evelyn Forrester
2/14	Regina Rigüero	2/28	Mark O'Keefe
2/19	Ramona Lancaster		

### Did You Know...You Can Support USC By Using Our Amazon Link?

We have added two important buttons onto the home page of USC's website, [www.unitysf.org](http://www.unitysf.org). If you look to the right of the

**amazon.com**

page, you will see a tab that says "Ways to Donate to USC." If you click on the link to Amazon.com, your order there remains private but USC will get a portion of the total! We also have installed a button

for people to make PayPal donations to the church. Please tell your friends and family, and please use them yourself...it's quick, it's easy—and it's a great way to support Unity Spiritual Center of San Francisco!



**PayPal**

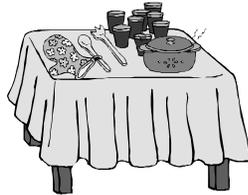


## You Have Gifts and Talents to Share... And USC Could Use Your Help in the Office!

It takes many different skills to keep our spiritual center running, and we know that our wonderful congregation has many gifts and talents to share. Right now, we are particularly looking for people who could help out in the office for a couple of hours on either a weekly or occasional basis (sign up in the Fillmore Room); and we are always looking for people who have great ideas for helping us to spread the word about our beloved spiritual center and who would like to be part of a USC Publicity Team. Plus, we have many fun events planned for the new year, and could use your help in organizing and implementing them...so if you'd like to be a part of any or all of these efforts, please see Rev. Maggie!

## We'd Love to Offer Any Treats You Want to Bring!

If you've enjoyed having tasty treats waiting for you in the Fillmore Room after the Sunday service, then please consider "paying it forward" by contributing to our hospitality table. Every first Sunday of the month we will be offering one of those spreads that we're famous for; and on other Sundays, we will be offering crackers and cookies — and whatever you might choose to bring! If you'd like to bring something in for a Sunday, please sign up in the Fillmore Room.



## For Your Convenience...Credit Cards Accepted!



Stack up frequent-flier miles while supporting USC! We all enjoy the bonus points earned by using credit cards, so you'll be happy to know that you can always make your donations by credit card (just fill out a "Cash & Credit Card Love Offering" form found in the display in the foyer, and drop it in the offering bag). Also, many people like to give an automatic monthly tithe by credit card, at whatever amount you specify. If you'd like to set up this automatic credit-card tithe system for 2014, please contact the church office at (415) 566-4122.

## Make It A Happy, Healthy New Year With These Mind/Body/Spirit Offerings at USC

### Healing Massages Offered in USC's Fillmore Room on Mondays

Experience healing bodywork with a trusted massage therapist here at USC on Mondays. Offered by **Benita McCown-Harper**, the private sessions take place fully clothed with shaded windows in the Fillmore Room. Three types of massage are offered: chair massage, Shiatsu massage, and the Sacred Healing sessions introduced here by Unity minister Scott Sherman. To make an appointment, contact Benita at 925-683-4915.

### Qi Gong Wellness Practice First Three Wednesdays of the Month at 10 a.m.

Come and experience Qi Gong, an ancient practice of life-force cultivation that has evolved into a modern-times wellness program. The cost is \$10 each class; \$27 per month; or \$50 for two months. Contact **Shanaya Kuusisto**, certified Qi Gong instructor, at sharynk10@gmail.com for questions or to register.

### New Class Added on Wednesdays! Ongoing Restorative Yoga with Hot Stones Tuesdays and Wednesdays, 2 to 3:30 p.m.

Please plan on joining certified yoga instructor Adair Boatman at USC on Tuesday or Wednesday afternoons from 2 to 3:30 p.m. and experience the joy of Gentle Restorative Yoga, which incorporates aromatherapy, hot stones, and healing movement. To reserve your space in one of these two classes, and for more information, e-mail Adair at yogadair@yahoo.com.

### USC Membership Class This Month:

**Sundays, February 9 and 16, 1:15—3 p.m.**

If you've been thinking about becoming a member of USC, do mark your calendar for these dates in February—on two Sundays, February 9 and 16, from 1:15 to 3 p.m., we'll be holding the first membership class of the year (the next one will be in August). On February 9, we'll be holding a general discussion about Unity, and everyone is invited to attend; the class on February 16 will be only for people who have made the commitment to become members of USC. Please fill out a yellow Membership application form (found in the literature rack in the foyer); for more information, contact Rev. Maggie.

### We're Starting the New Year with a Brand-New Website: Check It Out at [www.unitysf.org](http://www.unitysf.org)!

It's going to be a great year here at USC, and you'll always find the latest about what's going on by checking out our website, [www.unitysf.org](http://www.unitysf.org)! We've just re-designed it to make it more user-friendly (and mobile-device friendly); it now includes links to our spiritual-center's social-media outlets as well as offers ways to donate online. Do check it out...and be sure to send your friends and family members to our website too, as it's a great way to give people an introduction to our wonderful community and our life-changing Unity teachings!



### Two Ways to Stay Connected to USC Via Computer



Speaking of computers, if you want to keep up to date with all the events going on at USC, be sure you have "liked" the Unity Spiritual Center page on Facebook. We are phasing out the Unity Christ Church Facebook page, so even if you are already our "friend," make sure you have "liked"

Unity Spiritual Center's page — just do a search on Facebook for it. Also, we put out two electronic newsletters per week—one with news, and one with an inspirational message and Sunday-service preview—so if you're not getting them, you're not on our list. To sign up, just fill out the form in the foyer for the latest!

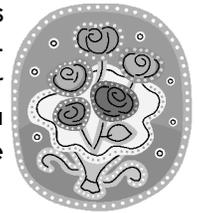
### May We Suggest?



Your ideas and input are very important! Look for the specially labeled gold box in the Fillmore Room to leave suggestions — and your ideas for possible solutions! We'd love to hear from you!

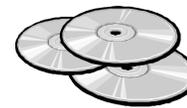
### Honor Someone (or Something) In Your Life With Flowers

The donation of flowers for the Sunday Service is a gift for all and a beautiful way to honor someone or something special in your life! The cost for the weekly flower arrangement is \$50. Fill out a Sunday Flower Dedication envelope (found in the Bookstore), or call the church office.



### Like What You Hear at USC?

#### CDs of Sunday Services Are Only \$5!



If you like what you hear at USC, remember that you can always buy a CD recording of Sunday services for just \$5! Simply fill out the envelope order form in the Bookstore.

### Need a Space to Rent for Your Event? Try USC!

Unity Spiritual Center of San Francisco is available to rent for particular events — and there's a significant discount if you're a USC member! Call the church office at 415-566-4122 for more information.



### Don't Forget...

**The USC Annual Meeting will be held on Sunday, February 23, at 12:30 p.m.!**



## Have You Thought About Volunteering in 2014? USC Wants You!

Here at USC, we have *many* volunteer opportunities...follow your passion and get involved! Possibilities include: ushers and greeters for the Sunday service, Bookstore volunteers; helpers for Children's Church; Sunday service sound technicians and recorders; Sunday hospitality hosting; Newcomer welcoming; office help; and membership on the Social Events Planning Committee, Fund-raising Committee, Outreach and Publicity Team, Gardening Team, Website/Technology team, and this just names a few! Volunteering is a great way to get involved, use your skills, and make new friends! If you're able to help out, or would like more information, please fill out a green brochure (found in the literature rack in the foyer), or speak with Rev. Maggie.



## Come Browse Our USC Book and Gift Store — We Do Special Orders, Too!

If you haven't been in the USC Bookstore lately, you're missing out — we have a wide selection of classic and just-released New



Thought books, gift items, greeting cards, and more. Best of all, we carry Music Director **Michael Hatfield's** new CD, featuring all the Unity music you've come to love, for only \$10; along with **Rev. Maggie's** new book, *Crafting Calm*. If you're looking for a new journal for the new year, we've got those too—and we're happy to do special orders if there's a particular book you'd like. So come on in, and see what treasures you find!

## Do You Enjoy Coming to USC? Then Help Us Spread the Word...

Take a few "calling cards" from the clear container in the Fill-more Room (by the nametags) and tell your friends and family members about this treasure that we've got called USC! Feel free to invite your peeps to the services, workshops, and social events we have, as all are always welcome at USC.

## Want to Do Something Fun and Easy to Help Support USC? Join Us for "Change for the Good"!

Collect your loose change and the funds will be added to the collection for installing flat screens in the Sanctuary. Bring your change on the first and third Sundays of the month (or any time) and deposit it into our Change for the Good container in the front foyer. Each time you participate, your name will be entered into a drawing! Drawings are held every three months. The next drawing will be on Sunday, April 13—and will be a free flower dedication! The more you participate, the more chances you have to win. Everyone wins when you join in a Change for the Good; every little bit helps—we've raised more than \$1,000 in a year—and no donation is too small!

## February's USC Shining Star Award Goes To...



### Valerie Hatfield

The USC Shining Star Award is awarded each month to a member of the USC Community who has shown proactivity and initiative in contributing to the quality of our congregational life through their ideas and inspirational action.

*Valerie, we love you,  
we bless you, and we appreciate you!*



## **Upcoming USC Classes and Events:**

### **A Course in Miracles**

**Tuesdays, February 4, 11, 18, and 25, at 7 p.m.**

This popular ongoing series meets each Tuesday at 7 pm—and all are always welcome to drop in!

### **Spiritual Contemplation/Meditation & Healing**

**Tuesdays, February 4, 11, 18, and 25, at 7 p.m.**

Join us on Tuesdays for mysticism, contemplative meditation, and spiritual healing inside the Sanctuary from 7 to 8:30 pm. We start with 20 minutes of centering followed by a break and then 30 minutes of immersive meditation-healing in “The Presence.” Attend both sittings or just one, and a Q&A on the mystical life based on *The Infinite Way* teachings of Joel Goldsmith. For more information about the class, log on to facilitator Mark Tankeh’s website: <http://contemplatingtruth.wordpress.com>.



### **Qi Gong Wellness Practice**

**Wednesdays, February 5, 12, and 19, at 10 a.m.**

Come and experience Qi Gong, an ancient practice of life-force cultivation that has evolved into a modern-times wellness program. \$10 each class; \$27 per month; or \$50 for two months. Contact Shanaya Kuusisto, certified Qi Gong instructor, at: [sharynk10@gmail.com](mailto:sharynk10@gmail.com) for questions or to register.

### **Gentle Flow Restorative Yoga with Hot Stones**

**Tuesdays, February 4, 11, 18, and 25, at 2:15 p.m. OR  
Wednesdays, February 5, 12, 19, and 26, at 2:15 p.m.**

Join certified yoga instructor Adair Boatman for Gentle Flow Restorative Yoga with Hot Stones class, Tuesdays from 2:15 to 3:30 p.m. OR Wednesdays from 2:15 to 3:30 pm. For more information, and to register, call Adair at (415) 312-3500 or e-mail her at: [yogadair@yahoo.com](mailto:yogadair@yahoo.com).

### **First Sunday Forum with Neal Vahle**

**Sunday, February 2, 10 a.m.**

Please join us for our February First Sunday Forum at 10 a.m. on February 2, when Rev. Maggie interviews Unity historian and author Neal Vahle. For more information, see page 2.

### **Thursday Night Spiritual Lights**

**Thursday Nights at 7 p.m.**

If you’ve been looking for a dose of mid-week spiritual inspiration, this ongoing event is for you! Every Thursday night at 7 p.m., we’ll be hosting a spiritual teacher, author, or luminary; formats will vary from workshops, to discussions, to lectures and more. For more information, call the church office at 415-566-4122.

### **New USC Membership Class**

**Sundays, February 9 and 16, 1:15-3 p.m.**

If you’ve been thinking about becoming a member of USC, now’s your chance! We hold Membership classes twice a year; and this month one will be held on Sundays, February 9 and 16, from 1:15-3 p.m. Please fill out a yellow application form (found in the literature rack in the foyer), and bring it to the office or to the first class!

### **Desire Map Book-Club Study**

**Monday, February 24, 12 p.m.**

Once a month for five months, we’ll be getting together to map out all our desires for 2014, using “The Desire Map” by Danielle LaPorte. For more information, contact Rev. Maggie.

### **Women’s Life Coaching Circle**

**Monday, February 24, 6:30-8 p.m.**

Deepen your self-awareness and move forward toward a life fully lived in this drop-in monthly meeting. For more information, contact licensed psychotherapist Patrice Perillo at 415-920-9166 or [patricemperillo@gmail.com](mailto:patricemperillo@gmail.com). Cost: \$20 per meeting.

### **USC Annual Meeting**

**Sunday, February 23, 12:30 p.m.**

Please plan on attending our USC Annual Meeting to hear the latest news about USC and to share your good ideas!