

**Unity Spiritual Center of San Francisco
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San Francisco, CA 94132**

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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

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USC Board Vice President Evelyn Forrester

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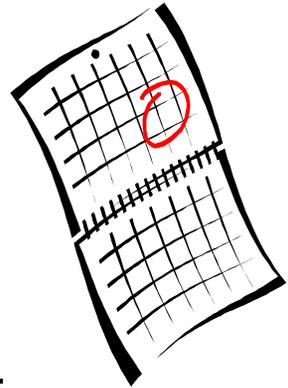
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**NEWS FROM
UNITY SPIRITUAL
CENTER OF SAN
FRANCISCO**

NOVEMBER 2013



YOUR NOVEMBER AFFIRMATION:

I apply my creative power every time I think and speak. My choices shape my reality. I choose to use my spiritual faculties to create good, attract abundance, and establish peace. I promote peace in the world through my calm thoughts, words of conciliation, and constructive action.

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

First Sunday Forum on November 3 at 10 am: Author and Publisher Brenda Knight



Please plan on joining us for our November First Sunday Forum on November 3 at 10 am, when Rev. Maggie will be interviewing that day's guest speaker: publisher and author Brenda Knight. Brenda is the publisher of Viva Editions, an imprint specializing

in positive-living and spiritual titles, including Rev. Maggie's latest book, *Crafting Calm*. Brenda, an author herself, is responsible for the "Random Acts of Kindness" series and will discuss her newest book, *A Grateful Table*, which will launch our month-long look at gratitude. First Sunday Forums are always stimulating, and a great way to introduce others to USC...please feel free to bring a friend!

Restorative Yoga with Hot Stones Workshop Saturday, November 2, from 10 to 12 pm; Ongoing Restorative Yoga Class at USC Wednesdays, 2 to 3:30 pm

Please plan on joining certified yoga instructor Adair Boatman at USC on Saturday, November 2, to experience Gentle Restorative Yoga. This approach includes music, meditation, aromatherapy, and hot stones, and will relieve stress and promote well-being. (She will also be offering this workshop on Saturday, December 7.) The cost is \$15 at the door; space is limited. To reserve your space, and for more information, e-mail Adair at yogadair@yahoo.com.



In addition, Adair has launched a weekday restorative-yoga class here at USC on Wednesdays, from 2 to 3:30 p.m. The class will continue through Wednesday, December 18. For more information about that, email Adair at yogadair@yahoo.com.



Happy Birthday to You!

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

11/2	Henry Bono	11/15	Mike Mewkalo
11/8	Leola Washington	11/18	Stephen Tillisch
11/11	Marilyn Stepney	11/21	Mattie Geathers
11/13	Lois Roberts	11/21	Erica Long
11/13	Kathleen Russell	11/25	Juanita Hanley

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. If you scroll down to the bottom of the page, you will see a link to Amazon.com. If you click on that link when ordering from Amazon, your order 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 USC!



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 rest of the 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. 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 and have any questions, see Hospitality Coordinator **Evelyn Forrester** or 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 the rest of 2013 or for 2014, please contact the church office at (415) 566-4122.

Coming Up...

USC Autumn Auction and Appetizers Fundraiser Sunday, November 10, 12:30 to 2:30 pm

Do save the date for USC's Autumn Auction and Appetizers fundraiser, which will be held on Sunday, November 10, from 12:30 to 2:30 pm...and come enjoy fun, fellowship, food and fabulous finds at this festive fundraiser! Food tickets will be sold for tasty appetizers, and there will be a cash bar with Starbucks iced coffee, sodas, and water. There will be many wonderful items and services to bid on, just in time for holiday gift-giving...so do save the date, feel free to bring friends and family members, and get ready to have a deliciously great time!



Please note: We are looking for donations for this important Silent Auction fundraiser. Please contact the office or fill out a Silent Auction form (found on the Literature Table in the foyer) if you have something you'd like to donate—from computer lessons to home-cooked goodies, bottles of wine to gardening services, massage treatments to symphony tickets, your generous donations will be welcomed (you can start bringing them in on Wednesday, November 6) and will help to ensure this event's success!

Loss & Transition Group—Surviving the Holidays Mondays, November 18–December 23, 6:30 –8 pm

Loss and transition come in many forms, such as illness, job loss, relocation, divorce, death of a loved one, aging, retirement, being away from home or being an empty nester...and holidays can be a rough time. In this group, you'll have a safe, non-judgmental place to acknowledge what you're going through, learn new ways to cope more effectively, and gain valuable tools and resources to survive and navigate the holidays. The cost for six sessions is \$120 before November 11; \$130 after. Prescreening is required; please contact psychotherapist/life coach (and USC congregant) **Patrice Perillo** at 415-920-9166 or patricemperillo@gmail.com.

In Memory of Susan Burnfield...



Thanks to a great suggestion at our USC Annual Meeting, we are taking up a collection for a screen to place in the Sanctuary in memory of our beloved **Susan Burnfield**. A generous donor has offered to match all funds collected, so that we can buy two screens, on which we will be able to project wonderful visuals to accompany Sunday lessons, hymn and chant lyrics, and more...as well as offering us the ability to hold fun movie/television events! If you would like to contribute toward this screen, please put "Susan Burnfield" in the memo section of your check.

Healing Massages Offered in USC's Fillmore Room on Mondays

If you have been looking for an affordable way to experience healing bodywork with a trusted massage therapist, then be sure to sign up for sessions held here at USC on Mondays. Offered by USC congregant **Benita McCown-Harper**, the private sessions will take place fully clothed with shaded windows in the Fillmore Room. Three types of massage will be offered: chair massage, Shiatsu massage, and the healing modality recently introduced here by Unity minister Scott Sherman. Give yourself the treat of well-being!



Two Ways to Stay Connected to USC Via Computer

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—so if you're not getting them, you're not on our e-mailing 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!

The 2013 USC Directory Available for Sale in the Bookstore...

Our updated USC Directory is available for sale in the USC Bookstore. Be sure to pick one up—they sell for just \$3, which covers our production and printing costs.

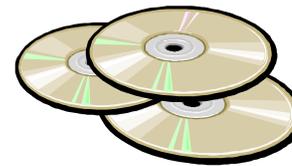
Honor Someone (or Something) In Your Life With Flowers

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 at (415) 566-4122.



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.

Have You Thought About Volunteering? 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 Bookstore —

Now Featuring Michael Hatfield's Unity Music CD

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*. The holiday season is upon us, so you might find just the perfect gift in our "Inspirations" store. Plus, 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, January 12—and will be a free massage session! 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!

November's USC Shining Star Award Goes To...



Silvia Grady

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.

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



Upcoming USC Classes and Events:

Gentle Flow Restorative Yoga with Hot Stones Saturday, November 2, 10 a.m-12 noon

Join certified yoga instructor Adair Boatman for this Saturday workshop on November 2...or sign up for her class, Wednesdays from 2 to 3:30 pm, through December 18. See page 2 for more.

A Course in Miracles Tuesdays, November 5, 12, 19, 26, at 7 p.m.

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

Spiritual Contemplation/Meditation & Healing Tuesdays, November 5, 12, 19, 26, 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: <http://contemplatingtruth.wordpress.com>.



Qi Gong Wellness Practice

Wednesdays, November 6, 13, and 20, 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, certified Qi Gong instructor, at: sharynk10@gmail.com for questions or to register.

Loss & Transition Group

Mondays, November 18-December 23, at 6:30 p.m.

See page 3 for information about this new, 6-week group.

First Sunday Forum with Brenda Knight Sunday, November 3, 10 a.m.

Please join us for our November First Sunday Forum at 10 a.m. on November 3, when Rev. Maggie interviews publisher and author Brenda Knight. For more information, see page 2.

USC Autumn Auction and Appetizers Fundraiser Sunday, November 10, 12:30 to 2:30 p.m.



Do plan on joining us for our Autumn Auction and Appetizers Fundraiser, which will be held following the Sunday service on November 10. For more details, and to find out how you can participate, see page 3.

Thanksgiving Potluck Dinner Sunday, November 24, 12:30 p.m.

Celebrate Thanksgiving early with your USC family following the service on Sunday, November 24. Sign up in the Fillmore Room to bring a potluck dish to share. For more information, see **Abbie McGreevy**.



USC's School Supply Drive and Food Bank Drive Ongoing Through November

During this season of gratitude, give back to others by participating in one or both of USC's "drives." For the fourth year in a row, we are donating school supplies to neighboring elementary school Jose Ortega Elementary...pick up a purple school-supply list on the Literature Table in the foyer, and place your supplies in the marked bin in the Bookstore. We are also continuing our annual tradition of doing a holiday food-bank drive; you can bring in cans and boxes of food (no glass jars, please) and place them in the SF Food Bank barrels. Both of these drives will last through November...thank you for your generous participation!

Deep thanks to Michael Hatfield, Rosa Bundy, all those who prepared food for the Bake Sale, all those who sold tickets and helped to promote our USC Fall Concert, and all those who bought tickets and brought friends...because of you, we raised almost \$3,000 for USC!