

**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

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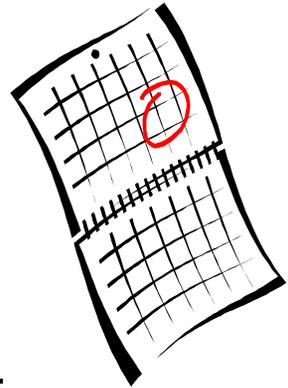
**USC Board Secretary** Rosa Bundy

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

**OCTOBER 2013**



**YOUR OCTOBER AFFIRMATION:**

**I** have a responsibility to myself and others to be true to who I am. I am love. I am light. I am generosity. I am power. I am all things good because I am one with God.

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

## First Sunday Forum on October 6 at 10 am: Author and Animal Communicator Marta Williams



Please plan on joining us for our October First Sunday Forum on October 6 at 10 am, when Rev. Maggie will be interviewing that day's guest speaker: author, biologist and animal communicator Marta Williams. This day is our "Blessing of the Animals" day; and Marta's new book, *My Animal, My Self*, focuses on the ways in which our animals are often our mirrors, connected to us on the physical, emotional, mental, and spiritual levels. First Sunday Forums are always stimulating, and a great way to introduce others to USC...please feel free to bring a friend (including, on this special day, your animal friends!).

## Blessing of the Animals on Sunday, October 6

For the third year in a row, USC's Blessing of the Animals ceremony will be held on Sunday, October 6, from 12 to 2 p.m. Bring your furry friends to the Sunday service (on a leash or in a container, please!); then have them blessed in the garden following the service. All pets that are blessed will receive a certificate recognizing their blessing and a goody bag. Feel free to invite your friends and family to bring their pets; all are welcome at USC!

## Restorative Yoga Sessions Begin Monthly on Saturday, October 5, 10 am to Noon

Gentle restorative yoga will relieve stress and tension and promote well-being—and it's coming to Unity Spiritual Center! Starting on Saturday, October 5, from 10 am to noon, certified yoga instructor Adair Boatman will offer these sessions on the first Saturday of the month. She will also be launching a weekday restorative-yoga class here at USC on Wednesdays, starting on October 23, from 2 to 3:30 p.m. To register, email Adair at [yogadair@yahoo.com](mailto:yogadair@yahoo.com).



## Happy Birthday to You!

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

10/13	Simmie Jones
10/17	Anne Galjour
10/18	Marc Tankeh
10/21	Jon Antoni
10/27	Jessica Anderson
10/31	Alice Taylor

*Birthday blessings to each of you!*

## 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 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!

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.

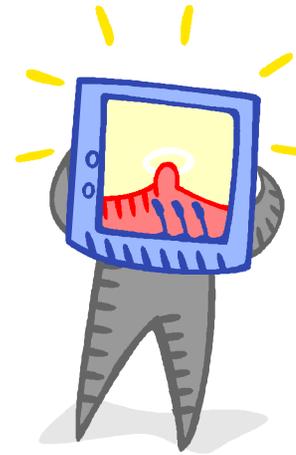


## For Your Convenience...Credit Cards Accepted!



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, please contact the church office at (415) 566-4122.

## 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 communications per week—so if you haven't received them, you're not on our e-mailing list. To sign up, just fill out a form in the foyer to keep up with the latest!



### What's Coming Up at USC This Fall...

We've got an exciting fall this year, so please be sure to add the following events to your calendar! In addition to our "Living Yoga" series on Thursday nights at 7 p.m., featuring Darren Main, who explores how to integrate spirituality into our daily living, we have our Blessing of the Animals ceremony on October 6; a Fall Concert on October 27 featuring internationally known recording artist Karen Drucker and other talented musicians; an evening seminar on October 29 with ACIM teacher Jon Mundy; a Fall Gala and Silent Auction on November 10; and a Holiday Craft and Artisan Boutique on December 8! There will be many ways to have fun and get involved...so continue to watch our newsletters, bulletins and e-zines for more announcements!

### USC's Fall Gala & Silent Auction Needs YOU!

We'll be holding our semi-annual Fall Gala and Silent Auction on Sunday, November 10, and there are many ways you can get involved! There will be a planning meeting following the Sunday service on October 13; there will be a sign-up sheet for making appetizers for the gala; and we'll be passing out Silent Auction forms for you or a friend to donate items or services. We'll also be selling tickets for this fun, festive event, so watch the bulletin and weekly e-zine for ways to make this our most successful fundraiser of the year!

### Have You Had a Memorable Experience at USC?

Has your experience at Unity been meaningful to you? We are looking for people who would be open to taking a few minutes to share their stories during a service—focusing on their experience tithing, volunteering, or talking about what Unity means to them. If you would like to share your memorable experience at USC, please contact Rev. Maggie.

### Rev. Maggie's Book Reviewed in *Unity Magazine*

Rev. Maggie and her latest book, *Crafting Calm*, have been featured in several national and local press outlets, including the September/October issue of *Unity* magazine, the September issue of *Science of Mind*, and a recent supplement of *Spirituality and Health*.

### 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.

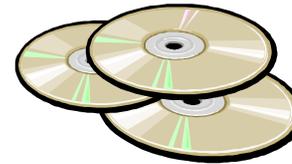
### Honor Someone (or Something) In Your Life With Flowers

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 discount if you're a USC member! Call the church office for more information.

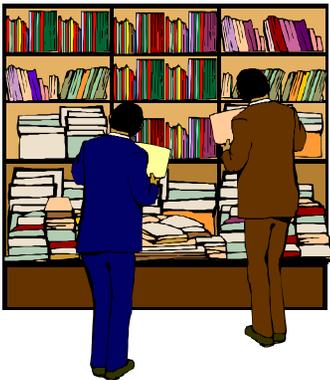
## Have You Thought About Volunteering? USC Wants You!

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 Fillmore 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!

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



### Carol Bailey

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.

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



## Upcoming USC Classes and Events:

### **A Course in Miracles Tuesdays, October 1, 8, 15, 22**

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

### **Spiritual Contemplation/Meditation & Healing Tuesdays, October 1, 8, 15, 22**

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, October 2, 9, and 16, 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](mailto:sharynk10@gmail.com) for questions or to register.

### **Gentle Flow Restorative Yoga with Hot Stones Saturday, October 5, 10 a.m.-12 noon**

Join certified yoga instructor Adair Boatman for this Saturday workshop on October 5...or sign up for her class, Wednesdays from 2 to 3:30 pm, starting October 23. See page 2 for more.

### **“Living Yoga” Lecture Series with Darren Main Thursdays, October 3, 10, 17 & 24, November 7, 14 & 21, and December 5 at 7 p.m.**

Mark your calendars for a Thursday-night treat: a lecture series on “Living Yoga” by author and popular yoga teacher Darren Main. Each night, he will cover a different topic of integrating spirituality into our lives...come for one lecture, three, five, or all! For more information about Darren, see his website at: [www.darrenmain.com](http://www.darrenmain.com). Cost: \$10.

### **First Sunday Forum with Marta Williams Sunday, October 6, 10 a.m.**

Please join us for our October First Sunday Forum at 10 a.m. on October 6, when Rev. Maggie interviews Marta Williams, a biologist and animal communicator, and author of *My Animal, My Self*.

### **Blessing of the Animals Sunday, October 6, Noon to 2 p.m.**

Do plan on joining us for our third annual Blessing of the Animals ceremony on Sunday, October 6, from noon to 2 p.m. in the USC Garden. For more details, see page 2.

### **USC Fall Concert: “Count the Stars!” Sunday, October 27, 2 to 4:30 p.m.**



You won't want to miss our USC Fall Concert on Sunday, October 27, from 2 to 4:30 p.m., when you will literally be able to “count the stars”—including Karen Drucker, USC's Michael Hatfield, and more. Bring your friends, and join us for a rockin' good time with songs and stories to make your heart sing! Tickets are \$20, sold in advance and at the door.

### **Jon Mundy Speaks on “Living a Course in Miracles” Tuesday, October 29, at 7 p.m.**

Come explore how to live *A Course in Miracles* with author and *Miracles* magazine publisher Jon Mundy, who will be visiting USC on Tuesday, October 29, at 7 p.m. Tickets are \$20 in advance or \$25 at the door; no one turned away who cannot pay.