

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

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Website: www.unitysf.org

E-mail: 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

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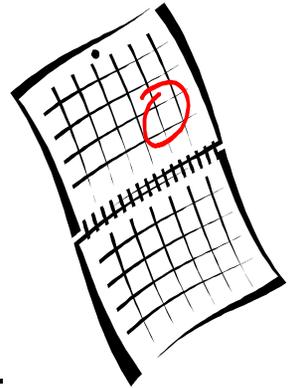
USC Board Secretary Rosa Bundy

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

DECEMBER 2013



YOUR DECEMBER AFFIRMATION:

As I move into this sacred
season of Christmas, I
celebrate my Christ nature.
With faith in my heart, I
embrace the divine potential
that is in me.

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

**First Sunday Forum on December 1 at 10 am:
Coach, Consultant and Author of "The Inspired Life"
Susyn Reeve**

Please plan on joining us for our December First Sunday Forum on December 1 at 10 am, when Rev. Maggie will be interviewing that day's guest speaker: coach, consultant and author Susyn Reeve. Susyn has consulted in multi-national organizations including American Express and Exxon, in world-renowned hospitals including Mount Sinai Medical Center and New York University Medical Center), and with groups and individuals from all continents. She also has been a delegate to the United Nations Commission on the Status of Women. Susyn is the author of *Choose Peace and Happiness* and the best-selling book *The Inspired Life: Unleashing Your Mind's Capacity for Joy*. She will be launching our December theme of joy, so do feel free to bring a friend—First Sunday Forums are always stimulating, and a great way to introduce others to USC!



**Restorative Yoga with Hot Stones Workshop
Saturday, December 7, 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, December 7, to experience Gentle Restorative Yoga. This approach includes music, meditation, aromatherapy, and hot stones, and will relieve stress and promote well-being. 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 December:

12/2	Doug Cameron	12/14	Valerie Hatfield
12/4	Margaret Hauben	12/15	Sharron Evans
12/13	Yinka Goroff		

**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!

amazon.com



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 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 2014, please contact the church office at (415) 566-4122.

Coming Up...

USC Holiday Tea and Gift Fair Sunday, December 8, 12:30 to 2 p.m.

Preparing for the holidays can sometimes be stressful—but at this special event, you'll be able to relax with a hot cup of tea and tasty treats, and do some holiday shopping too! For just \$8, you can enjoy tea and a treat plate, then browse tables full of special items to buy as gifts...or for yourself! Do bring your family members and friends—and prepare to have a delicious afternoon!

December Holiday Service Schedule

Christmas Eve Candlelighting Song Service

Tuesday, December 24, 7 p.m.

Children are welcome to attend!

New Year's Eve Burning Bowl Service

Tuesday, December 31, 7 p.m.

Your Financial Gift to USC Can Be Doubled If You Make It Before the End of the Year!

We are grateful to announce that a generous donor, who wishes to remain anonymous, has stepped forward to offer us a challenge grant—if we as a congregation can raise \$10,000 by the end of the year, that \$10,000 will be matched by the donor, ensuring that we not only replenish our reserve fund, but also have additional funds that will help us with new programming and events in 2014. As of December 1, we have raised \$1,802...thank you in advance for helping to meet the challenge!

In Memory of Susan Burnfield...



Thanks to a great suggestion at our USC Annual Meeting, we have been 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 by appointment. Offered by USC congregant **Benita McCown-Harper**, the private sessions 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 by calling Benita at 925-683-4915.



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.

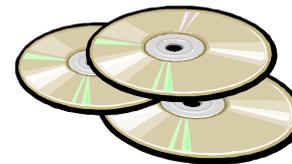
Honor Someone (or Something) In Your Life With Flowers

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 — It's a Great Place for Holiday Gifts!

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!

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



Rosa Bundy

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.

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



Upcoming USC Classes and Events:

Gentle Flow Restorative Yoga with Hot Stones Saturday, December 7, 10 a.m-12 noon

Join certified yoga instructor Adair Boatman for this Saturday workshop on December 7...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, December 3, 10, and 17, at 7 p.m.

This popular ongoing series meets each Tuesday at 7 pm (though will skip the last two Tuesdays of this month because of the holidays)— all are always welcome to drop in!

Spiritual Contemplation/Meditation & Healing Tuesdays, December 3, 10, and 17, at 7 p.m.

Join us on Tuesdays for mysticism, contemplative meditation, and spiritual healing inside the Sanctuary from 7 to 8:30 pm (please note that the class will meet on Thursdays, Dec. 26 and Jan. 2, because of the holidays). 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, December 4, 11, and 18, 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.

First Sunday Forum with Susyn Reeve Sunday, December 1, 10 a.m.

Please join us for our December First Sunday Forum at 10 a.m. on December 1, when Rev. Maggie interviews coach, consultant and author Susyn Reeve. For more information, see page 2.

Workshop: “A Yearly Appraisal—Where You’ve Been and Where You’re Going” with Susyn Reeve Sunday, December 1, 10 a.m.

End your year on a high note by taking stock of the year that’s passed and beginning to set intentions for the year to come with Susyn Reeve, author of *The Inspired Life*. Love offering: \$20.

USC Holiday Tea And Gift Fair Sunday, December 8, 12:30 to 2 p.m.

At this special event, you’ll be able to relax with a hot cup of tea and tasty treats and do some holiday shopping too! See page 3 to learn more.



Christmas Eve Candlelighting Song Service Tuesday, December 24, 7 p.m.

Please feel free to bring children to this festive holiday service!

New Year’s Eve Burning Bowl Service Tuesday, December 31, 7 p.m.

Do bring friends and family to this meaningful, reflective service.

USC’s Food Bank Drive Ongoing Through December 18

During this season of gratitude, give back to others by participating 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 barrel. This food drive will last through December 18...thank you for your generous participation!

Deep thanks to committee chair Judith Ottoson and all those who helped to organize our USC Autumn Auction and Appetizers fundraiser on November 10...as well as to those who donated items and/or bought items! Because of you, we raised \$2,000 for USC!