

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

Phone: (415) 566-4122

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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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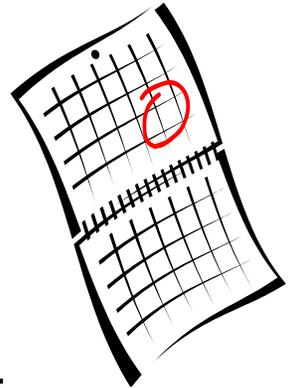
USC Board Secretary Rosa Bundy

USC Trustee Gloria Hernandez

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

JANUARY 2014



YOUR JANUARY AFFIRMATION:

I breathe deeply and feel the vibrant new energy of this radiant new year. As I behold the myriad gifts in each now moment, I am aware of Infinite life filling and enfolding me. My life is a glorious new song.

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

First Sunday Forum on January 5 at 10 a.m.: Yoga/Meditation Instructor and Author Darren Main



Please plan on joining us for our January First Sunday Forum on January 5 at 10 a.m., when Rev. Maggie will be interviewing that day's guest speaker: yoga and meditation instructor and author Darren Main. Darren's books include *Yoga and the Path of the Urban Mystic*, *Spiritual Journeys along the Yellow Brick Road*, *Inner Tranquility*, *The Yogi Entrepreneur* and *Hearts and Minds: Talking to Christians about Homosexuality*.

Darren facilitates workshops and gives talks on yoga and modern spirituality throughout the United States and abroad, and will be a regular presenter at USC's Thursday Night Spiritual Lights forum, which will launch at 7 p.m. on Thursday, January 30. The host of the internationally syndicated podcast *Inquire Within*, Darren currently resides in San Francisco. He will be launching our January theme of change and transformation, so do feel free to bring a friend—First Sunday Forums are a great way to introduce others to USC!

Got a Desire for 2014 To Be Your Best Year Ever? Join "The World's Biggest Book Club" at USC Tuesday, January 7, 1 p.m.

Want to ensure that 2014 becomes everything you hope it will be? This year, we'll provide support for that by studying *The Desire Map*, a new book by Danielle LaPorte.

On Tuesday, January 7, at 1 p.m., USC will be joining others around the globe by launching a book club event as part of Danielle's World's Biggest Book Club. The focus of this book club is to gather around the idea of desire, setting goals with soul and embracing gratitude as a practice. We'll be coming together in communion and conversation to dig a little deeper and get clear about how we want to feel in the New Year. It's going to be life-changing...and fun! For more information about Danielle and *The Desire Map*, see www.daniellelaporte.com.



Happy Birthday to You!

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

1/8	Scott Shannon	1/18	Judith Ottoson
1/12	Sheryl Hodgins	1/19	Rika Kruse
1/15	Paul Zakaria	1/27	Julia Grant
1/16	Rosa Bundy	1/27	Jacquie O'Keefe

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 look to the right of the 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!



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.

Ongoing Restorative Yoga with Hot Stones Wednesdays, 2 to 3:30 p.m.

Please plan on joining certified yoga instructor Adair Boatman at USC on Wednesday afternoons from 2 to 3:30 p.m. beginning on January 8 and experience the joy of Gentle Restorative Yoga, which incorporates aromatherapy, hot stones, and healing movement. To reserve your space, and for more information, e-mail Adair at yogadair@yahoo.com.

Reiki I Class Offered at USC This Month: Thursday Through Saturday, Jan. 23-25

If you've been wanting to learn Reiki, a gentle and powerful hands-on vibrational energy healing that encourages balance in mind, body, and spirit, here's your chance! Reiki master **Sheryl Hodgins** will again be offering this popular three-part class on Thursday, January 23, from 7 to 9:30 p.m.; Friday, January 24, from 7 to 9:30 p.m.; and Saturday, January 25, from 10 a.m. to 3:30 p.m. For more information, pick up a flyer in the Fillmore Room or contact Sheryl at sfhodge@prodigy.net.

We're Starting the New Year with a Brand-New Website: Check It Out at 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! 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!

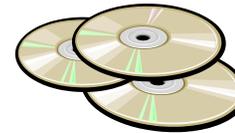
Honor Someone (or Something) In Your Life With Flowers

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 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.



**Don't Forget...If You're a USC Member, You
Need to Fill Out Your Member Reaffirmation
Form by Friday, January 31!**

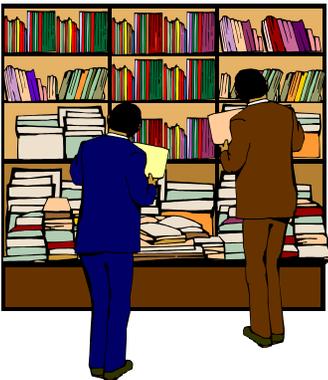
Have You Thought About Volunteering in 2014? USC Wants You!

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 treas-

ures 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!

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



Brian Lance

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.

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



Upcoming USC Classes and Events:

A Course in Miracles

Tuesdays, January 7, 14, 21, and 28, 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, January 7, 14, 21, and 28, 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, January 8, 15, and 22, 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.

Gentle Flow Restorative Yoga with Hot Stones

Wednesdays, January 8, 15, 22, and 29, at 2 p.m.

Join certified yoga instructor Adair Boatman for Gentle Flow Restorative Yoga with Hot Stones class, Wednesdays from 2 to 3:30 pm. For more information, and to register, e-mail Adair at: yogadair@yahoo.com.

First Sunday Forum with Darren Main Sunday, January 5, 10 a.m.

Please join us for our January First Sunday Forum at 10 a.m. on January 5, when Rev. Maggie interviews yoga/meditation instructor and author Darren Main. For more information, see page 2.

Desire Map Book-Club Event Tuesday, January 7, 1 p.m.

Be a part of the “world’s biggest book club” by joining us for this event on Tuesday, January 7, at 1 p.m. We’ll be mapping out all our desires for 2014! For more information, see page 2.

Workshop: Make Your Vision Board for 2014 Sunday, January 12, 1 p.m.

Begin 2014 with a “treasure map” of all your hopes and dreams for the coming year. All materials are supplied; and no artistic experience necessary. It’s a powerful way to start your year, especially since we’ll be having the White Stone Ceremony earlier that day! Suggested love offering: \$10.

Reiki 1 Class

Thursday-Saturday, January 23-25

Start the new year right by learning this wonderful energy-healing modality by Reiki master Sheryl Hodgins (sfhodge@prodigy.net). For more information, see page 4.

Women’s Life Coaching Circle

Monday, January 27, 6:30-8 p.m.

Deepen your self-awareness and move forward toward a life fully lived in this drop-in monthly meeting, launching January 27. For more information, contact licensed psychotherapist Patrice Perillo at patricemperillo@gmail.com or 415-920-9166.

Thursday Night Spiritual Lights

Launches Thursday, January 30, at 7 p.m.

Join us for our first 2014 “Thursday Night Spiritual Lights” on January 30 at 7 p.m. with yoga master/author Darren Main. For more information, call the church office at 415-566-4122.