



WEEKLY UPDATE – April 3

Spiritual Care

This week's newsletter focuses on spiritual care and includes resources below from the University Ministry. If you have questions related to immigration, you can [email ISSS](#) or [make a Zoom appointment with your ISSS adviser](#).

University Ministry

The **University Ministry** (UM) team supports students in developing a robust life of faith and commitment to justice, which is the hallmark of a Jesuit education. All of their programs are open to USF community members of all faiths, beliefs, and identities. Please see some upcoming offerings and regular programming sponsored by their department below and on their [website](#).

- **Meditation Mondays:** Take time out of your busy days to find inner calm and awareness at the start of every week. Sessions will be on Zoom. [Learn more »](#)
- **Breaking Bread and the Binary:** Join UM on a self-discovery journey to explore the intersectionality between different spiritual traditions and LGBTQIA+ identities. This group meets every Thursday from 11:45 a.m.–12:45 p.m. in the University Ministry Romero Room (Toler 122). [Learn more »](#)
- **Community Meditation Group:** The Community Meditation group focuses on fostering spiritual and mental wellness through meditation practice. People of all identities are invited to take part in this meditative journey of self-reflection and acceptance. No experience is required. [Learn more »](#)
- **Interfaith Student Community:** Learn about building community among faith traditions and advocate for an inclusive campus. [Learn more »](#)

Upcoming Events and Announcements



Graduation Invitation Letter

We have prepared some guidelines and a [template letter](#) to help students invite their family or friends to visit them. Sometimes a family member or friend may want an invitation letter from the student to help verify their intentions to visit the U.S. and support their tourist visa. Students are able to write this letter themselves and can request a Certificate of Enrollment from the **Student Enrollment Services office** to include with their invitation letter and prove their student status.



Upcoming Office Closure

Please keep in mind that the ISSS office will be closed on **Friday, April 7**, in observance of Good Friday. The office will reopen on Monday, April 10, during regular business hours from 9 a.m.– 5 p.m. For all of the members of the USF community who celebrate Easter, our office wishes a blessed celebration and a bright start to spring. We hope you enjoy a relaxing weekend spent with loved ones.

"DO YOU NEED SPONSORSHIP?" WORKSHOP RECORDING

Missed our "Do you need Sponsorship" Workshop?

[Access the recording here »](#)



Outdoor Adventure Program

Looking for an affordable adventure? Join Koret Recreation Sports for a fun trip to explore the unique offerings of the Bay Area! Trips for USF students that are *still open* include:

Saturday, April 15 - The Mystery Spot in Santa Cruz

Saturday, April 29 - Santa Cruz Beach Boardwalk

These events are open only to current USF students and **online registration** is required. Space is limited. [Learn more »](#)



Glitter Hour

Monday, April 3 from 12–1 p.m.
Gender & Sexuality Center (UC 413)

Is your nail polish chipping? Don't feel like going to a salon? Come to Glitter Hour every Monday in the Gender and Sexuality Center! All supplies are included — you can even contribute to our Spotify group session by sharing your favorite songs while we practice self-care together.

ISSS OFFICE RESOURCES

Requesting a Document from ISSS?

If you are requesting an immigration document or letter from our office, remember that we request **ten business days** to process requests. Make sure you plan accordingly so you have enough time to receive your document before you need it. All ISSS requests should be submitted through the [MyISSS student portal](#) (select the home icon, site home, and then requests on the left-hand menu). You can view our [MyISSS Student Handbook](#) for assistance with your submission.

Adviser Appointments and Workshops

Appointments can be made online. Please visit the [ISSS website](#) to schedule an appointment. Appointments are still booked in 15-minute increments.

Drop-in Hours

Have a question? Stop by our drop-in hours on UC 5th Floor! We have drop-in hours every Tuesday from 11:45 a.m.–12:45 p.m.

Connect with ISSS through Instagram »

Join the conversation [#USFCA](#)



UNIVERSITY OF SAN FRANCISCO
International Student and Scholar Services

(415) 422-2654
[USFCA.EDU](#)
DIRECTIONS
CONTACT US

CHANGE THE WORLD FROM HERE