

WEEKLY UNITY

"Ye shall know the truth, and the truth shall make you free"

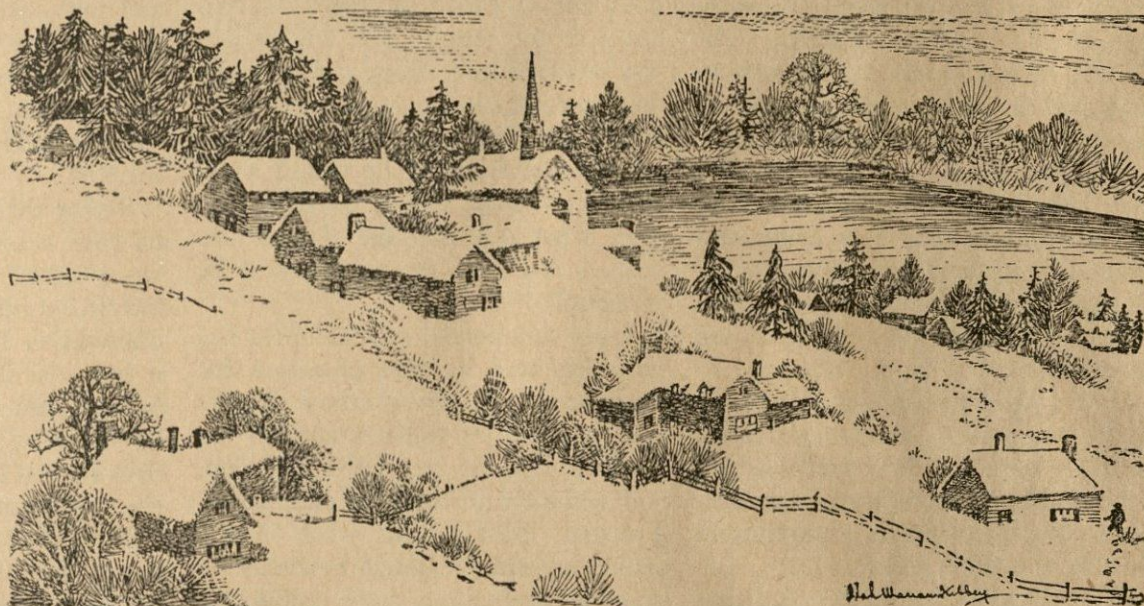
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5 CENTS A COPY

Why Get a Cold?

Article by Clara Beranger



A FRIEND of mine telephoned to break an appointment the day before it was scheduled. "I have one of those awful colds," she said, "and I'm sure I shall not be well enough to go with you tomorrow. You know how these colds hang on."

"No, I don't know," I answered. "I can usually stop a cold before it gets started."

"How can you stop it?"

"I'd better come over and talk to you."

"Aren't you afraid you'll catch the germs?"

"No," I said. "I'll be right over."

As my friend had already started the study of Truth, she was open-minded to what I had to say and worked and prayed with me. When I went to see her again twenty-four hours later her cold had disappeared entirely. Because the thoughts and prayers that came to me in my work with her helped to heal her and may prove helpful to others, I am writing them down.

Statistics published recently in the Journal of the American Medical Association showed that colds are responsible for one third of the total number of days lost in industry in the United States. Why is this? Why do so many of us, even those who understand the Truth teaching, keep on having colds?

Many people have come to regard cold as a necessary evil about which nothing can be done. Herein lies our first mistake. We yield to the race thought about catching cold without stopping to think of causes and conditions. We forget the basic truth that

no epidemic of any kind can have power over us if we build up and keep up our spiritual defenses.

Acceptance of the false belief that it is the fate of the human race to catch cold has its roots deep in the subconscious. Ever since I can remember, I have heard anxious mothers say to their children: "Put on your rubbers, dear; you'll catch cold." Or "Don't sit in that draft; you'll catch cold." Even mothers who have studied Truth do this sort of thing without realizing that they are planting a fear in the child's mind that will be difficult to eradicate later on.

Once we are faced with the actual symptoms of a cold, a running nose, sneezing, a sore throat and so forth, we make our second mistake by trying to find out when and where we got it. For example, the first time I called on my friend she said: "I've been thinking and thinking, and I can't figure out how I got this cold. I must have sat in a draft somewhere, or maybe I wasn't dressed warmly enough at

the club dance Saturday night."

I explained to her that her "thinking and thinking" of the cold—in other words, dwelling in thought on a negative condition—accentuated the physical manifestation. Students of Truth know that the first requisite of spiritual healing is a mind cleansed of negation. Yet we still think and talk about the physical reasons for a cold, and fret over its duration. We are afraid, as my friend was, that we shall not be well enough to do the things we planned for today or tomorrow, or next week.

Doctors admit that they do not know the cause of colds and that they have not yet discovered an effective cure. The best they can do is to give a palliative for bodily aches and pains, and a prophylactic spray for the nose and throat. They prescribe warmth, and a cessation of activity until "the cold has run its course."

There is an old saying that "man's extremity is God's opportunity." We

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Where Is Your Work Done?

By Zelia M. Walters

IN HIS allegory "The Water Babies" Kingsley tells of the lad Tom, the "water baby," being sent on a quest that was to take him out of babyhood and prepare him for manhood. He traveled the world around under the seas, and at length came up to visit Mother Carey up at the North Pole. She was the great "sea mother," who made all the creatures of the deep, the tiniest fish and the great whales. Tom expected to find her very busy, rushing about in a frenzy of activity. But instead he saw a great majestic woman wrapped in misty robes and sitting upon a rocky throne. She was not moving or speaking at all. She sat with her head resting on her hand, her deep gray eyes fixed upon immeasurable distance, and from the foot of her throne the newly made sea creatures swam out in a never-ending stream.

We feel that Kingsley, poet and artist, saw truly. The world's creative work is not done by feverish effort, amid rush and noise and confusion. It is done in the peace, strength, and silence of another sphere.

Now let no one who has read thus far say: "This is not for me; the author is writing of poets and artists, and mine is common everyday work in the busy world's market place." No, here we are going to consider the truth about all work, for all work sincerely done is creative, whether it is building a house, cooking a meal, planting a garden, teaching a child, or any one of the hundreds of other things we do to further God's order in the world, and incidentally to earn our daily bread.

So whatever your work, take time to meditate now and to ask, "Where is my work done?" Soon we realize that it is not done in the activity that occupies hand and mind in the working hours. It is done in the silent, invisible realm of Spirit. Unless our work is done there before we begin the outer activity in the manifest world it is inefficiently done.

Even in the most limited material sense our work is done before we begin our outer activity. How does the good housekeeper set those excellent meals on the table? Not by rushing

into the kitchen and taking whatever is at hand to the dining table. She plans her meals in the morning when she outlines her day's activities. She knows what is to go on the table, how to cook, what must be ordered from the markets. So when she goes to the kitchen she works without haste and confusion. Every step falls in its ordained place.

No farmer takes a bag of seed and goes out to broadcast them haphazardly in the spring. No, his garden was made during those cold, snowy February days when he seemed to be sitting idle. He considered rotation of crops, what fertilizer he would need, what new crop should be tried this year, what old one that did not do well in his soil last year should be given up.

Every commercial establishment has its policy and its plan of action for every employee. Every school has its courses laid out, and has selected the teachers who are best fitted for them.

The same rule holds for individuals. Everyone must do his work in the silent, invisible realm if he hopes to accomplish anything in the visible that is worth considering.

That silent place where the world's real work is done! We have caught glimpses of it now and then, and have thought wistfully what a great thing it would be if we could enter freely whenever we would. But again we hold back. "That is for the great souls, the spiritual minded, the initiates; ordinary folks like me cannot enter." But Jesus Christ did not think so. He knew the silent place as no one else on earth has yet come to know it. He expected common men to enter it, He bade them enter it, He told them how. When He gave His directions He was speaking to an ordinary crowd gathered from the highways and byways and grouped about Him, a wandering roadside preacher. He told them first about the states of mind that were anterooms to the creative silence: humility, mercy, purity, steadfastness. He warned them that they must replace hate with the sort of love that extends even to enemies. He bade them have perfection as their ideal and goal. Then He taught them to pray, for

there is no way to the inner shrine except through prayer. Then He said in effect: "Go into the closet, shut the door, and your Father will meet you there. You can speak to Him in secret, and if you wait He will answer you."

That is all there is to it. It is very mysterious or complicated. I go alone into the Father's presence. You speak to Him freely, telling Him all the things in your heart, even things that would seem too silly to tell another person. You wait for His answer. He always speaks. Perhaps He will tell you that some of your desires and plans are foolish. Very well, that is what you are there for. Ask Him now what to put in their place, and He will tell you. He will give you courage, skill, wisdom, perseverance, carry on.

Sitting there alone with the Father do your work, whatever it is. Do not worry about taking up His time. He has plenty of time for you. And when the work is done there go out to bring it into visibility. Again you need not worry. There will be no false starts, no missteps, no turning back. Your day of housekeeping will be successful, the fields you plant will bring forth abundant harvest. Your dealings in the market place of commerce will be just and generous, and will bring you a reward.

Yes, Jesus Christ said the gate was "strait" and the way narrow that leads to this living with the Father. No one ever suggested that the spiritual way was for the lazy or greedy one. We cannot even enter it while cumbered with what greed has gathered. It is a way of climbing and inspiration. But again Jesus Christ did not think it was closed to any who truly desired to attain it. The heart of His message to you, to me, to everyone is that we abide in Him, and thus abiding, we shall know the Father and can claim anything we ask.

Whatever is worth doing at all is worth doing well.—*Washington.*

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Why Get a Cold?

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Daily Bread

By R. H. Grenville

WE MADE our supplication known,
That we be fed,
The simple, age-old, lovely prayer
For daily bread;
And lo! with what abundance is our
table spread!

The shining sun to warm,
The rain to bless,
Friendship's rewarding smile,
Content, success—
A day indeed brimmed up with loveliness.

Not with bread alone,
Nor water, no, nor wine,
But with the fullness
Of a love divine
God answers this least prayer of yours
and mine.

All is provided
Ere the words be said;
Spirit and mind renewed
And body fed—
All this he asks who asks for daily bread.

tality is low and the bars of resistance let down. Thus every time we allow worry about drafts or wet feet or any other supposed cause of colds to dwell in our consciousness, every time we are afraid of catching cold because someone else has one, we are lowering our mental and physical resistance by impressing a negative idea on mind and body.

If we want to be immune to colds, we must start with the belief that we are a manifestation of the highest form of God life on earth, and that it is our spiritual duty to keep the body perfect. In the First Epistle to the Corinthians Paul said: "Know ye not that your body is the temple of the Holy Ghost *which is* in you, which ye have of God, and ye are not your own? . . . therefore glorify God in your body, and in your spirit, which are God's." And in answer to the question "What is man, that thou art mindful of him?" the Psalmist said: "Thou madest him to have dominion over the works of thy hands; thou hast put all *things* under his feet."

To glorify God by constant perfection of the body temple we must as-

sume our God-given dominion over body and mind. We must learn to cast out not only every negative thought but also every alien form of life that seeks to invade the body. What chance does a germ so tiny it can only be seen through a microscope have against our great life force if we consciously and continuously unite ourselves with God life?

There are two things to do if we wish to keep ourselves so healthy that the cold bacteria can never gain power over us. The first and most important is the achievement and maintenance of a habitually optimistic frame of mind. Any physician will tell you that the state of a patient's morale invariably helps or hinders the course of his illness, that the patient with hope and faith has a far greater chance for recovery than the one who is hopeless and afraid.

In the matter of warding off colds, we must get rid of both conscious and subconscious fears. We must deny the race fear of colds in order to eliminate it from the subconsciousness, and we must cultivate the habit of thinking affirmatively of our own perfect God life. As *Daily Word* expressed it in a recent issue: "Teach your mind to think healthy thoughts instead of sick thoughts by constantly repeating Truth statements." Thus we build up spiritual strength with which to resist any attempted invasion of the body by bacteria.

The second way to prevent a cold is to build up physical resistance by exposure to God's good sunshine and air. "For the breath of life is in the sunlight, and the hand of life is in the wind." Sunshine and fresh air provide a gateway to health, a defensive wall against disease.

Because I know that getting a cold is not a necessary evil that must be endured, but a result of faulty thinking, and because I believe with all my heart and soul that man is monarch over his mind, I have evolved a method of spiritual work that for the most part has kept me free of colds, even during an epidemic. I impress on my subconsciousness a denial of the race fear of colds. "I have no fear of catching cold. No false race idea can have power over my God-filled consciousness. No germ can invade my God-filled body temple."

I affirm faith in my constant one-

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all have seen cases where a man or woman who has unsuccessfully tried every human way out of a difficulty in final desperation turns to God. Whatever the trouble may have been—domestic, financial, or physical—the power of God worked the miracle of healing. Thousands of letters to Unity from all over the world testify to the truth that God heals where all else has failed. We who have faith in God power and use it have had personal demonstrations of healing. We turn to God in every extremity. But do we turn to Him in every little need?

The fact that usually a cold is annoying rather than serious may account for our failure to use the power of Truth against it. But since yielding to any negative condition, however minor, hinders spiritual progress, is it not time that we turn to God to free us once and for all time from bondage to this false idea?

Medical scientists will tell you that nature is the true healer of disease. The life inherent in every organic form is the power that performs the actual healing, whether it be the formation of a clot to seal a wound, the knitting together of a broken bone, or the elimination of invading bacteria by the action of the white blood corpuscles. In the very air we breathe, in the many things we touch are the spores or minute bacteria that wait for a chance to work us mischief. It may be through a scratch in the skin or through irritation of a tender membrane, but always these parasites are waiting to attack and invade us. And here we see the miracle-working defense that God has given us, the white cells called leucocytes. Present at all times in our blood in enormous numbers, they have the power to fight off the would-be invaders. If we keep them healthy and give them a chance to function normally, they do the work of healing. Our duty then is to keep them healthy by keeping mind and body in perfect condition.

One of the first things we learn in Truth is that our thinking directly affects our body. We know that optimistic thoughts keep the body healthy whereas thoughts of worry, anger, or fear lower our vitality. We know that disease attacks more quickly when vi-

Things to Be Remembered

By Lowell Fillmore

+ Sacrificing the Ram

REMEMBER that love is the power that holds the universe together. All love emanates from God and it continues ever to abide in Him. Love cannot be separated from God.

When an individual attempts to separate his love from God's love, thinking that he can employ love in a selfish, personal way, he finds that his portion of love seems to lack something vital. It seems to be deficient in substance and power. Love separated from its divine source cannot function.

As branches cut from the vine cannot bear fruit, so love separated from God withers away. We cut our love off from God love when we turn it toward mere material things and forget about God. By keeping God in mind as the source of love we renew the power of our love.

Abraham of old loved his son Isaac better than he loved any one or any thing in the world. He was so devoted to the boy that he almost forgot to love God. Without realizing it he was separating his love from the true vine of love. He was in danger of losing his contact with the very power that gave him his beloved Isaac.

The strange Bible story of a devoted father commanded by a friendly God to give his only son as a burnt offering is an allegory that illustrates a very deep and subtle truth. The story states that when God commanded Abraham to make the sacrifice Abraham obediently made ready at once to follow instructions without argument. Abraham therefore took wood for fuel and a knife to slay his son, and journeyed with the boy to a distant mountain.

When they arrived Abraham built an altar, laid the wood on it, bound his son, and was about to strike the knife into his heart when his hand was stayed by the voice of God's angel, who warned him not to kill the lad. Looking around, Abraham saw a ram caught by its horns in a bush. He then sacrificed the ram instead of his son Isaac.

Many of us, when we have received a tangible answer to prayer, become so engrossed in the thing we have been given that we forget to continue to

pray. The test of our love for God comes after we achieve success, for we may then become so wrapped up in God's gifts that we forget the Giver. To avoid being cut off from the source of supply by our ignorant worship of a material thing we need to make a sacrifice. By giving up our most loved possession we restore our unity with God and actually lose nothing.

When we make up our mind to give up something dear to us we find that it is not necessary to lose anything that is good for us to have. We do not need to sacrifice good things; we need to sacrifice our unwise devotion to them. What we must sacrifice is our undue attachment to material things. We must burn up or purify the ram that represents personal willfulness, but we do not need to part with the child Isaac, who represents the true joy that comes from the right use of the good things that God has provided for us.

It is not necessary for us to give up the joy of life or the joy of the use of any good thing that God has given to us when we sacrifice the ram of personal willfulness. This selfish animal trait in us causes us to think that we can enjoy the fruits of love independent of God.

If our solicitous attention becomes centered upon a loved one we must be careful that we do not forget God's share of our love. If we forget we may become overwhelmed by the magnitude of our responsibilities concerning the dear one. We may try to pray for him but our personal sympathy, which we are pleased to call love, blinds our spiritual vision to the capacity of God's love to aid us. Our personal feelings of fear and worry seem to sever our connection with God's love and we feel that we are alone in our great struggle.

The odds against us in this material strife are overwhelming, and we are too weak to cope with them personally. At this point we may be forced to abandon our human efforts and place the loved one and all his affairs in God's hands. Such a decision may seem at the time to be a sacrifice of the

loved one. But when we have actually decided wholeheartedly to place him in God's hands and to cease our meddling, come what may, something surprising happens.

We realize that we have sacrificed the selfish human ram in our own mind, that our loved one is safe and secure in God's loving care, and that he has become more delightful to us than he was before.

A sense of wonderful relief comes over us as we realize that both he and we are being cared for by the Father. He is no longer caged in the small confines of our personal love. The ram has been sacrificed but the loved one still lives and laughs.

In God's love nothing is ever lost. Do not hesitate to give up absolutely your most cherished possession to His loving care.

Suggestions for Daily Meditation

Sunday. *I am one with God's love.*

Monday. *The love of God in my life is richer than the blessings it brings me.*

Tuesday. *I am willing to sacrifice my personal desires to God, for in this way only can they be fulfilled in spirit and in truth.*

Wednesday. *No mere thing can come between me and God's love.*

Thursday. *All things belong to God. The things that come into my life are loaned to me for my use, not to become my masters.*

Friday. *In God's love I am free from all worry about material things.*

Saturday. *I now joyously sacrifice my little personal notions on the altar of God's love so that I may be free to enjoy the larger blessings of God's kingdom.*

(Reprinted by request)

Your Mail May Be Delayed

The heavy Christmas mail is still affecting the handling, transportation and delivery of all mail, so delays may occur. If your order for Unity literature sent in during the past few weeks has not yet been filled or acknowledged, or if the Unity periodicals you regularly receive are late, we are asking that you please assist us by allowing the additional time necessary for our literature or letters to reach you. Your co-operation in waiting is deeply appreciated. Unity School of Christianity, 917 Tracy, Kansas City 6, Mo.

The High Watch

A Love Offering

He who can read and write inhabits a boundless universe compared with the unfortunate who can do neither of these things. Dr. Frank C. Laubach, whose "Each one teach one" movement has emancipated many thousands of illiterates, has written a book, "The Silent Billion Speak," which was reviewed some months ago in the Presbyterian Survey by H. Kerr Taylor, Educational Secretary of Foreign Missions for the Presbyterian Church in the United States. The extracts from Doctor Laubach's book that appeared in Mr. Taylor's article reveal how great a gift the literate may make to the illiterate at the cost of little more than a moderate outlay of time and patience. We quote the Survey:

Three out of five of the human race cannot read or write. In Asia and Africa alone over a billion people are illiterate, nine persons out of every ten—half the human race. This cold type cannot tell you what that means. You think it is a pity they cannot read, but the real tragedy is that they have no voice in public affairs, they never vote, they are never represented in any conference, they are the silent victims, the forgotten men, driven like animals, mutely submitting in every age before and since the pyramids were built. It is a human weakness not to become aware of suffering unless we hear a cry. The illiterate majority of the human race does not know how to make its cry reach us, and we never dream now these millions suffer.

The most bruised people on this planet, the naked, the hungry, the fallen among thieves, the sick, the imprisoned in mind and soul, are the twelve hundred million illiterates, three fifths of the human race. At least a billion are virtual slaves. India had over three hundred and forty millions of illiterates at the time the 1941 census was taken, 88 per cent of her people; and almost every illiterate is in debt all his life—and his children and his children's children after him. He does not know how much his debt is or whether the interest is correct. The moneylender takes all he can take and still keep his victim alive. . . .

The curve of literacy, which has been nearly stationary in Asia and Africa and Russia for centuries, has turned upward recently, especially in the past twenty years. A hundred million more adults read today than twenty years ago. If that curve follows its present trend, within fifty years, we shall have five hundred million new readers stepping out of the silent ranks of illiteracy to speak for the first time. This is not only exciting news. It is the most stupendous, the most arresting, and it may be the most

ominous fact on this planet. Nothing can stop it now.

It will be wonderful, or terrifying, depending upon whether these vast multitudes awaken with their hearts full of Christ's love or with their hearts full of hate. They will bless or blast the world. That is why the church must step to the front and take a leading share in the mighty upsurge of the sunken half.

We must not only help them rise but we must also put reading in their hands, the right kind of reading; and that is a staggering task. . . .

A billion people now illiterate will be reaching out with hungry minds for something to read. Will they be fed with the message of Christ or with atheism? Will they read love or hate? Whatsoever is sown in their minds, the world will reap. And what will happen when these hundreds of millions shall speak "after the silence of the centuries"? . . .

Teaching illiterates is proving to be a wonderful way to bring people to Christ. If you sit down beside an illiterate as your equal, your heart overflowing with love for him, and with a prayer on your lips that you may help him to a new vision; if you never frown nor criticize, but look pleased and surprised, and praise him for his progress, a thousand silver threads wind about his heart and yours. You are the first educated man who ever looked at him except to swindle him, and he will be so mystified by your unusual kindness that he is likely to stop and ask: "How do you expect to get paid for this? I have no money." Then you have your chance to say:

"I do not want any pay. I have learned this from Jesus. He spent all His time helping people free of charge. From the moment He awoke in the morning until He closed His eyes at night, He was looking around asking whom He could teach, or heal, or encourage, or defend, or save. I think that is a beautiful way to live. If we were all like Jesus, this world would be a paradise. So I thought I would try helping people just because I love them. And I have discovered the secret of happiness! When I am teaching you, it makes my heart sing. When I have finished teaching you, I want you to go and teach your neighbors. Don't take any money for it, and your heart will sing! Brother, we have found the secret of happiness."

He goes out and teaches others, his heart sings, and he learns to love Jesus. The only irresistible gospel is love in action—helping people where they are in desperate need. If we serve the illiterates and then tell them the gospel after we have won their hearts, they will believe in Christ because they believe in us.

Live Kindly

It is a good, safe rule to sojourn in every place as if you meant to spend your life there, never omitting an opportunity of doing a kindness, speaking a true word, or making a friend.
—Ruskin.

Why Get a Cold?

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ness with the perfect God life: "I am one with the life of the Father. I am an expression of His perfect life and His highest intelligence. I take dominion over my body and allow nothing but God, All-Good, to dwell therein. I am spiritual and perfect. I am every whit whole."

I pray for power to keep mind and body so healthy at all times that no alien form of life can affect me.

"Dear Father, may I remember every moment of the day that I am one with Thee, that I am an expression of Thy highest life and intelligence.

"Grant me the spiritual power to cast out every futile worry and fear so that my mind may be constantly tuned to Thy limitless good. 'In thy presence is fulness of joy.'

"Grant me the strength to keep my body ever worthy to house Thy glorious Spirit.

"I thank Thee, Father, that Thou dost hear me and that through Thine omnipresence I am become perfect even as Thou art perfect."

Food for Thought

By Mildred Bird

A love-founded home devoid of strife
Is rich loam for a young, unfolding life.

The Will of God

A great many people, even supposedly good Christians, are afraid to submit to guidance by the will of God, for they are afraid that the will of God lies along the line of the disagreeable. They have the semiconscious feeling that if they let go their will and take God's will, He will take advantage of them and make them miserable. A young woman expressed it to me in these words: "Why, if I surrendered my will to God I'd be at His mercy." She was afraid God was looking for a chance to take things away from her. . . . There is nothing better for any man, in any circumstance, in any thing than the will of God, for the will of God is love in action on our behalf. . . . The will of God realized is our own self realized. He wills our happiness, our highest effectiveness, our fulfillment.
—E. Stanley Jones.

THE SOCIETY OF SILENT UNITY

THE HEALING DEPARTMENT OF UNITY SCHOOL

+ A Message to You: Wisely Planned

Dear Friend:

Life is not a haphazard, unplanned, unregulated thing, without design or purpose. Life is the gift of God. God is the perfect architect. Stars far-flung in age-old pattern across the sky, mighty oceans subservient in the rise and fall of its tides to the passage of the moon, strong mountains piled against the horizon, redwood trees centuries old standing straight, tall, inspiring, and countless other manifestations of an ever-renewing life reveal a pattern wisely, lovingly planned.

Highest and most wonderful of all God's creation, stands His child, man. You are one of God's children, with the law of God in your inward parts, the plan of the perfect Architect written clearly in your heart.

Painstakingly the architect makes the blueprint of building or bridge. When all is finished to the finest precise line he submits it to the builder. Sometimes the builder may misinterpret the instructions, sometimes the contractor may whittle down the expense and lessen the amount of labor, but the architect cannot be held responsible for imperfect results unless the blueprint has been faithfully followed in every detail.

God chose man to carry out His plan of a perfect world, a perfect creation. In his hands He placed the keys of the kingdom. To man God gave dominion over all the earth.

"I will put my law in their inward parts," declared the all-wise Creator, "and in their heart will I write it; and I will be their God, and they shall be my people. . . . they shall all know me, from the least of them unto the greatest."

All your acts are wisely planned with infinite love and wisdom. So blessed are you as the sanctuary in which God recorded His law of life, love, and substance that you are called His living temple. How dear to the Father you must be that He placed such complete trust and confidence in you, breathed His own Spirit into you, and

chose you to follow His blueprint, to execute His perfect plan for the completion of His kingdom in the earth.

Do you recall what God did in the beginning when He "created the heavens and the earth. And the earth was waste and void; and darkness was upon the face of the deep: and the Spirit

Daily at 11 a. m., join us in this thought for spiritual illumination:

All my acts are wisely planned.
"And God said, Let there be light:
and there was light."

At high noon each day concentrate your attention on this thought for prosperity:

This day and every day I decree divine prosperity in all my affairs.
"Thou shalt also decree a thing, and it shall be established unto thee."

At nine each night let us acknowledge the healing power of Spirit with this prayer:

My thoughts are harmonized by Spirit, and good health is thereby founded and sustained. "Through wisdom is a house builded, and by understanding it is established."

of God moved upon the face of the waters?"

When you have tried to do something and have come to a certain place in your undertaking where all seems waste and void, it is well then to remember what God did at just such a crisis. He did not throw up the project. He did not call it a failure. He did not give way to discouragement or confusion. He did not feel that He had been mistaken in following His idea.

"The Spirit of God moved upon the face of the waters," where "darkness was upon the face of the deep," and God said, "Let there be light: and there was light."

Do you realize, dear friend, that this same Spirit of God is in you, and when all appears waste and void, and

the darkness of negation rests upon the current of your life the thing to do is just to let the Spirit of God move upon it? It will do it if you let it, the stagnation of futility and of despair will be borne away by the swift-moving power of a divine faith so that you will say even as did your Father in the beginning, "Let there be light: and there will be light."

You will see, even as your Father saw, that the light was good, and you will be given the wisdom to keep on with the thing at hand. It may be the renewing of your body in new life and health. It may be the building up of prosperity in your affairs. It may be the meeting of domestic or business problems. It may be the helping of some dear one, the carrying out of some ideal, or a thousand and one other things. Whatever it is, the Spirit of God will reveal the divine plan to you. The Spirit of God will move to make successful your way, and step by step you will see that the work done is good.

"All my acts are wisely planned." Speak these words over to yourself. If something within you cries "What rubbish! Look at the mess I'm in!" do not be perturbed. Just keep that you have not realized as yet the blueprint of your perfect life. The world has been truly written in your inward parts. Let the Spirit of God within you move upon the face of darkness. Speak in His name, say "Let there be light," and there will be light, light that will reveal His Word of Truth to you. There will be wisdom enough to enable you to follow through, to renew your faith, to perfect your work. There will be power enough to heal and restore. There will be joy to lift up and bless not only you but many others.

"Walk boldly and wisely in the light thou hast; there is a hand above that will help thee on."

The very presence of God within you will interpret the blueprint of perfect life and world planned for you. The wisdom and love and power of God will work through and help you carry on to completion and perfection the perfect plan.

"Let there be light." Praise God, there is light!

Silent Unity

It is service that dignifies, and not vice only.—Woodrow Wilson.

Sanctuary

By R. H. Grenville

IN EARLY medieval times the law was such that no man could be taken into custody if he succeeded in finding refuge in a church. It did not matter who sought him or for what reason. The law of sanctuary remained inviolate.

True sanctuary has always been a matter of Spirit. David sang of it in the Psalms with joyous repetition. To him the "secret place of the Most High," the "green pastures," the "high tower" and "still waters" were emblematic of that inner security which comes from man's recognition of his oneness with God.

To be one with God is to know the fullness of the kingdom, the fullest possible measure of peace, wisdom, power, and love. No matter what your responsibilities may be; no matter how great and how varied the tasks that confront you in daily life, there is a place of sanctuary in your innermost being to which none of these things can penetrate.

But unlike the sanctuary of the Middle Ages, this is not one from which we must eventually emerge to humiliation and defeat. It is a place not only of refuge but of renewal. From it we emerge triumphant, strengthened, poised. Indeed we can cultivate such an awareness of the inner presence that in the midst of the most exacting work, the most perilous circumstance, we can draw on the fullness of Spirit to assist and deliver us. Thousands of people have proved the truth of this during years of anxiety and oppression. There is a Spirit in man that is greater than any outer thing, that in the midst of change remains unchanging. Its presence is the sanctuary wherein each one of us may take refuge, and from which we may draw all that we shall ever need of spiritual, mental, and material good.

About Others

By Winona Patterson

Thinking nice things about others is a hobby that each one can try. It needs no equipment save effort and patience the truth to apply.

But oh, the rewards are delightful; There's no other sport to compare With thinking nice things about others And letting them know that you care.

In Appreciation

Dear Friends: I shall be most grateful if you will continue to send me WEEKLY UNITY. As soon as I am allowed to send money for the subscription I will gladly do so. I cannot tell you how much I appreciate the kindness of the dear friends in America, and I would like to take this opportunity to thank them and let them know what blessings I have received—and others as well; because I pass my copies on to lots of friends—through reading them. I really do not know how I would have got through these last few years without them.—A. S. (England).

Dear Unity Friends: For the dollar inclosed please renew my WEEKLY UNITY subscription for another year.

Each week as my copy comes it is like a dear friend's coming into my home. I always look at the beautiful picture on the front page and study it first, then I read the rest of the paper, and it is like talking with a friend. As I read the Someone Prayed column I realize how many prayers God has answered for me. I wish to thank you for the prayers you send; also the prayers you say for me. May God bless you all in the wonderful work you do.—C. D.

Dear Unity: WEEKLY UNITY is one of my greatest comforts and inspirations. I read every word every week and then pass it on. May God be very near to you all at Unity, blessing your every effort to help others.—M. L.

The pleasantest things in the world are pleasant thoughts, and the great art in life is to have as many of them as possible.—Bove.

Field Activities

GLOBE, ARIZ.—Unity Study Group, 117 E. Oak, announces a study class held each Wednesday, at 2 p. m., under the direction of Sarah Lightle.

ST. PETERSBURG, FLA.—First Unity Church, 646 Fifth Ave. S., announces the following activities: Sunday, 9:30 a. m. and 10:45 a. m., devotional service; 9:45 a. m., Sunday school; 6:30 p. m., Youth of Unity. Monday, 7:30 p. m., class in human relations. Tuesday, 2:30 p. m., class in *Lessons in Truth*. Wednesday, 7:30 p. m., prayer and healing service. Friday, 1:30 p. m., class in *Both Riches and Honor*; 7:30 p. m., class in *Lessons in Truth*. Daily noon silence. Center open Monday through Friday, 10 a. m. to 4 p. m.; Saturday, 10 a. m. to 12:30 p. m. Louise C. Beaty, leader.

CLEARWATER, FLA.—A class in human relations is conducted each Friday, at 8 p. m., at the Fort Harrison Hotel, under the auspices of the First Unity Church.

JORDAN PARK, FLA.—Mrs. Louise C. Beaty conducts a class in Unity fundamentals for colored students each Thursday, at 8 p. m., at the Community Hall.

KALAMAZOO, MICH.—Unity Center, 209 W. Dutton St., announces the following activities: Sunday, 10 a. m. and 7:30 p. m., devotional service. Wednesday, 2:30 p. m., class in *Both Riches and Honor*. Thursday, 7:30 p. m., class in *Lessons in Truth*. Center open daily, 9 a. m. to 5 p. m. Amy L. Moffett, leader.

RENO, NEV.—Unity Center, 314 Clay Peters Bldg. announces the following activities: Sunday, 9:45 a. m., Sunday school and adult open forum; 11 a. m., devotional service. (These services are held in the Masonic Temple.) Sunday, 7:30 p. m., devotional service, held at 847 University Ave. All other services are held at the center quarters. Wednesday, 8 p. m., midweek meeting. Friday, 8 p. m., study class. Daily noon meditation. Center open daily, 10 a. m. to 4 p. m. Robert W. Caswell, leader.

FRANCIS J. GABLE, Unity teacher, lecturer, and writer will speak as follows:

LOUISVILLE, KY.—January 24 at 8 p. m., and January 27 at 11 a. m. and 8 p. m., at the Unity Church of Christ, 1322 S. 4th St.

January 25 at 8 p. m., at the Unity Study Class (Col.), Pythian Temple.

My mouth shall speak truth.—Prov. 8:7 (A. V.).

Important Books for Advanced Students

If you are interested in gaining a more advanced working knowledge of Truth principles, the following Unity books are recommended:

What Are You? by Imelda Octavia Shanklin. "You are what you think, and this knowledge encourages you to give way to the mind of God." This sentence gives you an idea of the simple yet profound truths to be found in this enlightening book.

Know Thyself by Richard Lynch. Would you like to know more about the healing principle, the law of compensation, our real body? Then you will be intensely interested in the chapters dealing with these subjects together with others equally instructive and inspiring in this book for advanced students.

Mysteries of Genesis by Charles Fillmore, co-founder of Unity, gives you a most enlightening metaphysical explanation and interpretation of the first book of the Bible. Bible students will find a wealth of spiritual inspiration in this important Unity textbook.

Christian Healing If you have studied *Lessons in Truth* and are ready for more advanced ideas on the science of Being, this book by Charles Fillmore is recommended by Unity. It is filled with statements of profound Truth that will enable you to practice Truth as well as give you a comprehensive presentation of Mr. Fillmore's teaching.

EACH OF THESE BOOKS IS \$1 A COPY.

Unity School of Christianity, 917 Tracy Avenue, Kansas City 6, Missouri

Responsive Service

Sunday, January 20, 1946

Unity Subject—*Law Expresses the Religious Instinct*

INTERNATIONAL SUBJECT—*Law Essential to Liberty.*—Exod. 20:1-17

Unless otherwise specified, the Bible text used in this lesson is taken from the American Standard Version of the Bible, copyright, 1929, by the International Council of Religious Education, and is used by permission.

1. And God spake all these words, saying,
2. I am Jehovah thy God, who brought thee out of the land of Egypt, out of the house of bondage.
3. Thou shalt have no other gods before me.
4. Thou shalt not make unto thee a graven image, nor any likeness of any thing that is in heaven above, or that is in the earth beneath, or that is in the water under the earth:
5. Thou shalt not bow down thyself unto them, nor serve them; for I Jehovah thy God am a jealous God, visiting the iniquity of the fathers upon the children, upon the third and upon the fourth generation of them that hate me,
6. And showing lovingkindness unto thousands of them that love me and keep my commandments.
7. Thou shalt not take the name of Jehovah thy God in vain; for Jehovah will not hold him guiltless that taketh his name in vain.
8. Remember the sabbath day, to keep it holy.
9. Six days shalt thou labor, and do all thy work;
10. But the seventh day is a sabbath unto Jehovah thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy man-servant, nor thy maid-servant, nor thy cattle, nor thy stranger that is within thy gates:
11. For in six days Jehovah made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore Jehovah blessed the sabbath day, and hallowed it.
12. Honor thy father and thy mother, that thy days may be long in the land which Jehovah thy God giveth thee.
13. Thou shalt not kill.
14. Thou shalt not commit adultery.
15. Thou shalt not steal.
16. Thou shalt not bear false witness against thy neighbor.
17. Thou shalt not covet thy neighbor's house, thou shalt not covet thy neighbor's wife, nor his man-servant, nor his maid-servant, nor his ox, nor his ass, nor anything that is thy neighbor's.

Lesson Interpretation

Why should we worship and serve God only?

God is Truth, and the Spirit of truth is implanted in the heart and soul of man. As we are true to the best that we know and as we seek to conceive of yet higher principles of Truth and give them expression, we unify our powers and become true men and women. In this way we worship the God of Truth and right.

What is the ideal of the full-grown man of Christ?

To be true in himself. To express Truth is the destiny of the man of God.

Why can no graven image truly represent God?

Because nothing in the realm of the formed can fully express the Infinite, which is without limits or boundaries. The Spirit of God is like the wind; it "bloweth where it will, and thou hearest the voice thereof, but knowest not whence it cometh, and whither it goeth."

Does this mean that we worship a capricious or unpredictable God?

No. It means rather that the Spirit of God within a man frees him from man-made limitations and fills him with divine inspiration and power. God is unchanging principle. "His ways are everlasting."

DO YOU HAVE THESE UNITY PAMPHLETS?

Unity pamphlets always contain a message of special importance; they consist usually of a reprint of some article that has proved especially interesting and helpful to a large number of Unity readers. That is why we feel you will be eager to read them and to give them to friends. Unity pamphlets are divided into assortments that help you choose according to the need. Each pamphlet is a short, vital message of Truth, easy to carry in your pocket or purse.

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UNITY SCHOOL OF CHRISTIANITY
917 TRACY, KANSAS CITY 6, MO.

What is represented by the "ousy" of God?

The immutability of principle furthers our efforts as long as we express it, but that as impartially orders and obstructs them when we counter to it.

What effect on a keeper of the law has his faithfulness in obeying it?

He enters easily into the heritage of loving-kindness that is involved in requirements, and his children and grand-children, if they follow him obeying the law, enter into the same blessings. Evidences of loving-kindness on every hand convince the obedient person that he is walking in the way of Truth and right.

When is the name of Jehovah taken in vain?

When it is used carelessly or thoughtlessly with no recognition of power or when it is used to express negative, adverse judgments of approval or a desire for retribution also when it is invoked without faith that invoking it will prove effective.

Why is the keeping of the Sabbath important?

Because no one can know God without spiritual communion, and this must be taken for such communion. Meditation and prayer are essential to the development of the inner life, and the Sabbath sets aside a definite time for these.

How did Jesus Christ condense the last six commandments of the Decalogue?

In the words "Thou shalt love thy neighbor as thyself." The last six commandments have to do with our relation to our fellow men, and who loves his neighbor as himself keeps them all without exception.

To Be Held in the Silence

The law of God is within my heart as the Spirit of truth, and that Truth recognize and obey.

(The lesson for next Sunday is Exod. 28:1; 35:4-9, 20-29.)

Follow with reverent steps the example

Of Him whose holy work was bringing good":
So shall the wide earth seem our Father's temple,
Each life a loving psalm of gratitude.

—Whittier