

# WEEKLY UNITY

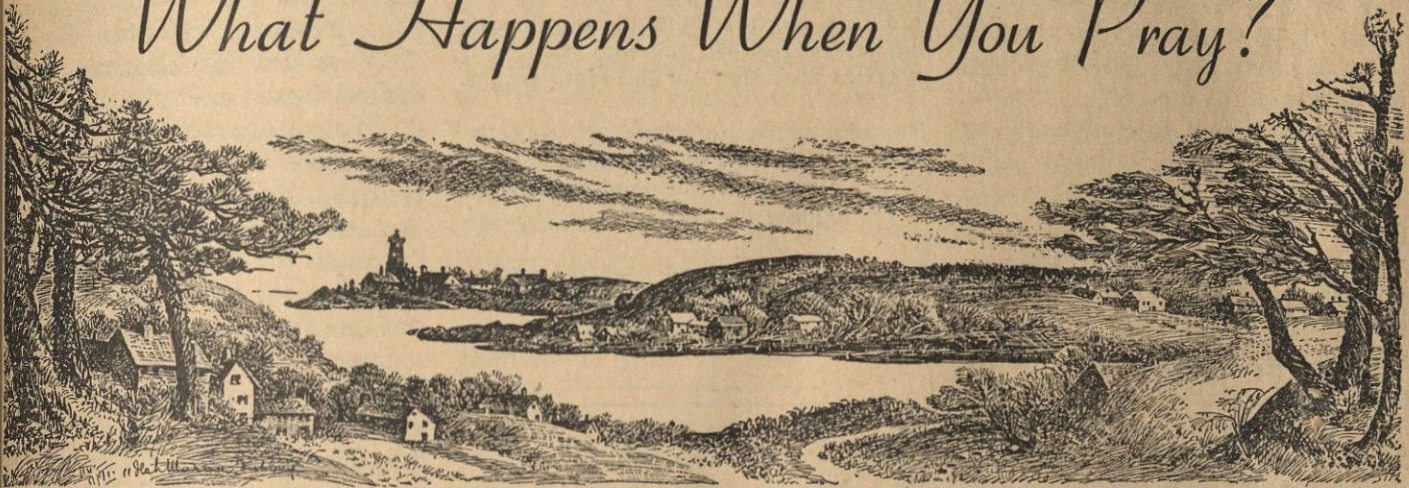
*"Ye shall know the truth, and the truth shall make you free"*

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5 CENTS A COPY

## What Happens When You Pray?



"YES, I pray quite often, but nothing ever really happens. If I could just see one little change in the outer that I knew was caused by prayer, it would be so much easier to have faith."

These words were spoken recently by a friend who is striving earnestly to find peace and happiness through prayer. His desire to see some tangible evidence that prayer really works is certainly not an uncommon one. Almost all of us have felt this desire at one time or another. We have faith, but we feel sure that our faith would be increased if we could just once see something happen when we pray.

There is involved here one of the most important factors in the study and application of Truth. I refer to the fact that prayer in order to be effective must be executed according to certain fundamental laws. "Ye ask, and receive not, because ye ask amiss."

Perhaps the most typical form of asking amiss is illustrated by the story about the woman whose house stood at the foot of a high hill. She disliked the hill very much because it cut off her view in two directions. One night, while reading the Bible before going to bed, she came across the Biblical statement that speaks of mountains being removed through faith. She got down on her knees and prayed to God very fervently, begging Him to remove

### BY WORRAL G. SONASTINE

the hill from the side of her house. When she awakened in the morning, she got out of bed and hurried to the window. "Huh," she grunted as she looked out at the hill, "just as I expected." You see, our deep expectations are more potent than the words we speak.

A fitting contrast to this story was provided by an incident that occurred on a ship that was bringing refugees from Europe to America not long ago. The day before the ship was to arrive in New York a little six-year-old Belgian girl was seen to remove her tattered shoes and give them to another youngster, who had no shoes at all. When one of the attendants asked the child why she had given away her shoes, she smiled happily and replied, "Last night, I pray God to have new shoes waiting for me in America, so I don't need old shoes any more." Needless to say, the little girl's expectation was quickly fulfilled when she arrived in New York.

As I watch the progress of my own life and the lives of those about me, it becomes more and more apparent that our every experience is an answer to prayer. Whether we realize it or not, we "pray without ceasing," and we also receive answers without ceasing; this is the program of life. Today

our thoughts, words, and actions are our prayers; tomorrow our circumstances are the answer to our prayers of today. At intervals we can withdraw from outer activities and deliberately direct our thoughts into desirable channels. This we call "prayer," yet the only difference between this procedure and regular thinking is that we can concentrate better in the silence than we can while engaged in some outer activity.

The power of concentration accelerates the outworking of our thoughts, and this is why frequent periods of prayer and meditation are so important to us. They quicken our progress toward the attainment of the kind of life we really want to live. All the good we gain in this way however will be nullified if the quality of our regular thinking is not of a positive nature. The law of mind action works on all of our thoughts, whether they be lifted up in prayer or just casually expressed in our daily activities. This is why Paul suggested that we keep our thoughts on a positive or prayer level "without ceasing."

What is the best way to pray? One person cannot tell another the best way to pray. The best way for me may not be the best way for you. Jesus gave us the Lord's Prayer as a general pattern to follow, but He did not imply that we should use it word for word



with never a variation. He said, "After this manner therefore pray ye." Not once did Jesus lay down any hard-and-fast rules for us to follow when praying. He demanded no specific posture of the body and no material implements for praying.

Simplicity should be the rule when praying. All pretense and elaboration should be avoided. Just talk to God as you would talk to your best friend. Let there be no begging or pleading in your prayers. Since God knows what we have need of even before we ask, it is not necessary to enumerate our needs to Him in our prayers. Give thanks that all your desires are now being fulfilled. This is one of the most potent forms of affirmation we can use. It is the ultimate in faith because it takes God at His word when He says, "Before they call, I will answer."

To increase your good give thanks for the good you already have. The importance of thanksgiving in prayer cannot be emphasized too strongly. Our prayers should be paeans of praise and thanksgiving. Most of the Psalms in the Bible are prayers of this kind, and when uttered in faith they are just as effective today as they were the day they were written.

In his book "Letter from New Guinea" Vern Haugland tells of an experience he had with the 23d Psalm when he was lost in the vast jungles of this Pacific Island. He had been wandering for three weeks without food, and now he lay starving and exhausted on the sandy beach of a mountain stream waiting for the end to come. As he thought of his family back home he remembered a letter he had received from his sister just before he left Australia on this mission. She had told him to remember to repeat the 23d Psalm if he ever got into any serious difficulty.

With some effort he recalled the words of the psalm, and then he repeated them prayerfully during the night. "Twenty-one days since I had eaten real food," writes Mr. Haugland in his splendid book, "it was all



## Let Me Remember—

By Rowena Cheney

**G**OD IS the captain of my ship,  
My pilot through the darkest night;  
But let me feel His presence still  
When skies are clear and sunny-bright.

He counsels me in storm and strife;  
But let me not forget to praise,  
With all my heart and mind give thanks  
Throughout the tranquil halcyon days.

God is my refuge and my strength  
In troublous hours, my help, my guide;  
But let me not forget His love  
When comes the peace of eventide.

I could do to stumble across the beach for a drink of water. I had been crossing back and forth over this tiny beach for ten days now and had found it completely barren. This morning my eyes caught sight of a slender green vine trailing across the sand.

"Where had it come from? Had I walked across it many times a day without seeing it—had I been that blind? Or had it just taken root this morning?

"I knelt down to inspect it, and . . . parted the fronds, found cupped within them a large, pale green berry.

"I pinched the berry open. It was juicy and filled with tiny seeds. Cautiously I tasted it. To my surprise, it had flavor. Then I took a bite. It was delicious; the first jungle food I had found with actually a pleasant taste . . . Throwing caution to the wind, I ate all the berries I could find."

Mr. Haugland goes on to tell how these berries gave him strength enough to climb over a mountain ridge that barred his way to civilization. It was nearly three more weeks before he finally reached a native village, and during this time the words of the 23d Psalm were on his lips almost continuously.

An examination of the 23d Psalm reveals that it does not once plead for anything; in fact, its keynote is "I shall not want." Thoughtful repetition of this psalm and of other similar words of our own brings us a clearer realization that God is all and all is good. This is what we need more than

anything else. It is of course right and good that we should seek fulfillment of our material needs, but when these things are acquired through prayer, the spiritual growth we attain in the process is of far greater value to us than the objects we thus procure. By "spiritual growth" I refer to the gaining of a clearer realization of God's omnipresence. This should always be our primary aim. It is what Jesus recommended when He said, "Seek ye first his kingdom, and righteousness; and all these things shall be added unto you."

Inasmuch as our prayers are usually answered through the most natural channels, we sometimes fail to credit the results to our spiritual efforts. This is one of the most common reasons why our prayers seem to be ineffective at times. Our failure to recognize the answers when they do come leads us to believe that our prayers are not being answered at all. Whenever something you have prayed for comes to pass, acknowledge it as the answer to your prayer and give thanks to God. You may be sure you will not be forgetting yourself when you do this.

A few years ago I found it difficult to have faith in my prayers for other people. I would affirm the Truth to them to the best of my ability, and as a general rule, everything would work out all right for them, but it always seemed to me that things would have worked out all right anyway, whether I had prayed or not. This attitude caused me to become apathetic in my prayers for others, and after a while I discontinued the practice entirely. Since praying for others plays such an important part in our spiritual development, I soon began to miss the peace and strength I had been receiving from this practice.

At the time this occurred I had a young high-school girl working with me as a part-time stenographer. She became very ill one day, and upon examining her, a nationally known physician diagnosed her case as Hodgkin's disease. He gave her less than a year to live. I had known Alice—she was just a little girl, and when I heard the doctor's verdict I was shocked out of my lethargic attitude toward prayer. I prayed, and I did enthusiastically too. Suppose all my former prayers had been unanswered—that did not matter to me now. I knew with a deep, abiding faith that



could and would restore A—— to the vigorous health she had always enjoyed. I must admit however that much of my confidence on this occasion was due to the fact that the girl's mother had written to Silent Unity and asked them to pray also.

The day after the doctor had announced the results of his examination, he sent tissue specimens to the Mayo Clinic just to make sure he was not wrong. When I heard this, I thought perhaps it might be the answer to our prayers, but the report from the clinic concurred a hundred per cent in the doctor's diagnosis. I continued to affirm the Truth for A——, and I knew she was praying also, for she had great faith in the power of prayer.

In a couple of weeks they took her home from the hospital, and the doctor said it might be good for her to do some light work. So she did some typing for me from time to time. As the weeks and months went by she grew stronger all the time, and at the end of a year she weighed more and felt better than she had ever done before in her life. Today she is happily married and in perfect health.

While it was that first shock and the urgent need for prayer that snapped me out of my apathy, it was a subsequent development that gave me a new appreciation of my own spiritual efforts on behalf of others. About eight months after the doctor's original diagnosis, when A—— was virtually well again, her mother found the letter she had written to Silent Unity tucked away in a magazine, where she had put it and forgotten to mail it. Now obviously I do not claim any personal credit for this girl's recovery, but I do not hesitate to claim the credit for God. Let us always remember that "the Father . . . doeth his works."

The simplest and most potent form of prayer then is the expression of thanks to God for what He is and what He is doing. What He is doing always includes the manifestation of our highest good. If you are seeking the solution to some specific problem, thank God that it is now being solved in His way. Bless each person, condition, and object involved in the matter, and then again give thanks. Do not wait until after your prayers are answered before thanking God. Jesus always gave thanks before there was any visible evidence that His

prayers were being answered. When He fed the multitude, "he took the seven loaves and the fishes; and he gave thanks and brake." Before He called Lazarus forth from the tomb, He said, "Father, I thank thee that thou heardest me."

Regardless of appearances, let us step out boldly and claim the good that is ours now. No matter how deplorable your circumstances may seem at present, affirm the truth that God is the only presence and the only power in the universe. Couple this affirmation with thanks that it is so, and then let the matter rest in God's hands. Do this to the best of your ability, and as the days go by, your faith will grow stronger, and you will come to realize more and more that "it is your Father's good pleasure to give you the kingdom."

## Peacemaking Joy

By Grace A. Thompson

RETURNING to my apartment late one Saturday afternoon, during the so-called depression several years ago, I went into the kitchenette to put some food into the refrigerator. In the driveway outside my open window—for my living quarters are on the first floor of a large apartment house—stood a street urchin crooning.

The boy had a good voice, but to me the long-drawn-out tones of his crooning were painful. "How much better that song would sound if he would step it up a bit," I thought, and turning toward the window, I said, "Why don't you sing?"

Quick as a flash, before I could add a word of explanation, the youngster made an ugly, angry retort.

Instantly the sulphur in me flew up and I went down to his level. The better self wanted to say, "Listen, son, you don't understand," but the little self was angry, and without another word I walked away from the window thinking, "The idea! Such impudence! I don't have to take it!"

However with each step I felt more and more ashamed that I did not even attempt to make peace, and so before I had reached the other side of the room I turned and went back to the window. But the boy had disappeared.

Trying to convince myself that my conduct had been justifiable under the circumstances and that it did not really

matter anyway, I then went into the living room. As I did so I heard a sound as if someone were climbing over the high board fence that runs along the side of the apartment house about ten feet from my living-room windows.

Since no one but an intruder would be doing that, I quickly glanced out to see who it might be. There was the very same youngster who a few minutes before had told me what I could do if I did not like his crooning.

Without a moment's hesitation my better self then took charge of the situation. Dashing over to the window, I heard myself saying, "Listen, son, I'm sorry you didn't understand me. I wasn't making fun of you. You have a good voice, but I thought your songs would sound so much better if you made them a little more lively." And then I added, "I always turn the radio off when the crooners come on."

Before I had finished speaking I heard a big rock fall to the ground, evidently dropped from his hand on the other side of the fence. Almost on the verge of tears the boy, who was perhaps thirteen years of age, said, "I don't know, lady, what makes me get mad like that, but I do. I just get mad all the time, and I don't want to either."

Talking with the young fellow, I soon learned that he needed new trousers. His father had had no work, and as the boy was ashamed to go to school in his old trousers, he had started out that Saturday afternoon to try to earn enough money by crooning to buy a new pair.

Becoming angry at what he thought I had meant, this boy had climbed up on that fence intending to hurl a rock through my window. To say the least, by making peace with him I was spared the task of cleaning up a terrible mess of shattered glass, to say nothing of the possible bodily injuries I might have received.

However my own escape was not the main cause of rejoicing, nor even the joy of giving the youngster money for his new trousers. This was overshadowed by the greater joy that came through my knowing that the boy had been saved from committing a misdeed—which might easily have been the first step toward a reformatory and prison—a joy that still sings in my heart as I remember that I, when I was lifted up, drew another up also.



# Things to Be Remembered

By Lowell Fillmore

## + Escape from Reality

REMEMBER that there is no escape from reality. God is the only reality.

"If I ascend up into heaven, thou art there:

If I make my bed in Sheol, behold, thou art there.

If I take the wings of the morning, And dwell in the uttermost parts of the sea;

Even there shall thy hand lead me, And thy right hand shall hold me."

The average person is inclined to look upon the troubles of the world as real and to believe that those who are trying to avoid these troubles are attempting to escape from reality. Surely reality must be something more lasting than troubles, for they are transitory.

One day clouds may hover over us and the next day they are gone; but all the while, during cloudy days and sunny days, the sun is shining on high. It is not dimmed by the clouds that are passing between it and the earth's surface. In like manner wars, strifes, crimes, and depressions come and go, but the good universe that God created in the beginning is unaffected by them. They are not the realities of life.

When we go to a picture show we see on the screen men and women, houses, mountains, streams, lakes, bits of the ocean, and many other things. While we are looking at these make-believe people we enter into their joys and sorrows, laughing or crying with them, while we know all the time that they are not real but that they are only light and shadow passing before our eyes. Our imagination helps us to make them seem real for the time being. Real men and women acted before the camera to make these pictures, but even they are real only in the sense that they are evident to all of the five senses, while the screen people are evident only to sight and hearing. But even the real actors are only manifestations of real men and women who cannot be apprehended by any of our five senses.

The real self of each individual is Spirit. Spirit manifests itself through mind and body. We can know the real

self of men and women only by its influence upon their minds and bodies. Minds and bodies are continually changing while the real part of the individual, which is Spirit, does not change. We can see what love and wisdom do to a person or through him, but we cannot see love and wisdom.

When a difficult situation arises in our affairs some of us try to overcome it by force of will or physical power, while others try to escape from it by

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### Suggestions for Daily Meditation

Sunday. *God is the only reality. I cannot escape from His goodness.*

Monday. *"Even from everlasting to everlasting, thou art God."*

Tuesday. *In the face of trouble I proclaim: "God created only good; therefore trouble, being unreal, has no power over me."*

Wednesday. *I work and rest in the assurance that God is my joy and my success.*

Thursday. *I will no longer lend my thought substance to adverse conditions to make them linger. I will turn my thoughts to God, the center of all good.*

Friday. *I am finding reality as I seek the kingdom of God, and all things necessary to my well-being are being added to my life.*

Saturday. *In the secret place of the Most High my prayers are heard and answered, and the clouds that troubled me are cleared away.*

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turning their attention to other activities in order that they may forget about this particular difficulty. Still others feel that by changing their environment they can run away from the problem, but if they do they are likely to find it in a new form in their new location.

We must face problems but not necessarily in the way that the world has chosen. We need not face them with antagonism and fear.

The person who understands Truth knows that the best way to meet un-

pleasant situations in life is to meet them and dispose of them in Spirit in Truth. By getting at the merest cause and adjusting that cause in harmony with Spirit he masters the problem. He knows that in Truth the adverse conditions are not real; they are indeed facts that must be faced resolutely, but to try to correct them merely in an outer way is like trying to change the outcome of a tragedy on a motion-picture screen by laying hands on the villain that appears before your eyes. When we try to adjust outer conditions by dealing only with conditions as they appear to be, we are working with secondary causes or with effects.

To do effective work we must realize that all these things have their cause in thought and that the real correction must be made in the thought realm. There appear to be inharmonious things in our affairs we must realize that they have no reality in Truth but have the semblance of reality only because of our wrong ideas about Truth. Therefore the most effective way to deal with problems is not to try to run away from them or to hide from them by thinking about something else—just as an ostrich is said to hide itself by putting its head in the sand!—but to know the Truth about them, to realize that they are not real in Spirit, and then to realize what *is* real in Spirit.

When we realize that mind is the true creative force and that our thoughts are creating conditions for all the time, we can see the foolishness of concentrating our attention favorably upon the thing that we do not want. I say "favorably," because we encourage the unwanted thing by believing in its reality. Our favorable attention tends to make the thing permanent in our life experiences.

When we take our belief in reality away from the bad things, we declare that God is the only reality and we begin to erase it. If it is sickness, we should declare that God is love where present as life and health; if it is poverty, that God is substance and supply; if it is fear, that God is love. Thus we go back to reality and change the picture film, and then we shall have a better picture on the screen of our affairs.

The realities of existence are substance, love, intelligence, harmony, power. These are unchanging principles. These things are pre-



## Someone Prayed

### Thank-You Notes

*Dear Unity:* Some time ago I read in the Someone Prayed column about a woman who used thank-you notes to ask God for the things she wanted and needed. I have tried this plan for many years, and it has worked for me also.

Last summer in the Someone Prayed column I read of a woman who composed a song about sugar and anything she needed, sung to the tune of "Showers of Blessings." I used that with much success.

God bless and keep you to help others as you have helped me.—*W. B. A.*

### Found Right Place

*Dear Silent Unity:* Bless you for your help! It has helped me to know that others were praying with me. It is so nice to know I can express my feelings to someone and not be misunderstood.

This has been a month of restlessness, of wondering if I had done right in asking for my discharge from the army. Even when I knew I must be following divine guidance the doubt would creep in. The transition to civilian life was spent in soul-searching and daily prayer that I would be led to choose wisely. Opportunities came for work, and I would wonder, "Is this it?" But obstacles seemed to be forever blocking my path, and while I constantly affirmed the truth, I knew my friends were wondering what was wrong. They could not understand why I needed quiet and solitude for study and being still and why I was so sure my job would come when I was ready.

I answered advertisements several times when it seemed they might be for me. There were two places I was particularly interested in; but what was I waiting for? Finally came the call, and I was sent to a juvenile detention home as a matron. This is work I have often wished for, as I felt there was room for sympathetic guidance

with us all the time, and because of them our existence is possible and the beautiful world in which we live is possible. But we must keep these truths ever before us as the realities. We must have no other gods before the one good God.

First let us put our mind in order, and as our changing thoughts of adversity gradually become subordinated to the realities of Spirit, their power to terrify us and hurt us is taken away. Because we meet them fearlessly, wisely, and masterfully they give way to reality.

(Reprinted by request)

and opportunity to use my knowledge of Truth. Isn't it wonderful! Praise the Lord! I am sure this is the right place.

If you had the time to read and I the time to write, I could write reams telling you how I have worked with the girls in the army and previously with the Japanese in reallocation camps. I loved the work with those people and had wonderful experiences. I could do anything with them, and we shed mutual tears at parting. The work I am doing now is on a smaller scale in point of numbers, but who knows what contribution can be made through seeing the divine in these children!

It will be a comfort to know you are remembering our work, and I thank you for your prayers.—*L. D. C. (Canada).*

### Crossed the "Red Sea"

*Dear Unity:* How deeply grateful I am that my heavenly Father showed me, at the time when I had reached my "Red Sea," a way to the understanding of Truth through Unity.

I thank all of the good friends in Silent Unity who have prayed for me and with me during this period, and may I say that divine prosperity is now entering my affairs.

For many years I had led what I thought was a Christian life, trying to help and do for others to the extent that I finally became exhausted and worn out. I had previously had one nervous breakdown, and by all appearances it seemed as if I was due for another. Sickness, financial troubles, inharmony in the home were burdens that were becoming unbearable.

It was only last June, while I was in the hospital recovering from an operation, that a dear friend of mine brought me some back numbers of WEEKLY UNITY.

In the very first number that I read I found why I was in this seemingly terrible state of affairs. I was not only trying to do my own work but was taking on God's work too. The nervous strain and tension was affecting not only my health, my family, and all of my affairs, but it was holding back God's wonderful blessings, which He had in store for me and those dear to me. Each article was so full of the spiritual food I hungered for that I read on and on.

Later this same friend brought me some of the Unity books, *Lessons in Truth*, *Beginning Again*, and others.

What a changed person I am today! I thank God with all my heart for His loving-kindness and for the many, many blessings I am now receiving. I have now lovingly placed the affairs of my body, mind, and soul in the hands of my heavenly Father.

How gloriously uplifting it is to bless others silently. I have found that by allowing God to work in me and through me I can at last give others the help that I had tried so hard to give before by myself.

Thank you and bless you, dear Unity, for the wonderful help I have received from your prayers and for showing me the way to a clearer understanding of Truth.—*V. A. L.*

## Notes and News

### Music Teacher Uses Greeting Booklets

\* "This year in teaching music in the schools I expect to contact at least one thousand boys and girls. On our list of songs are 'The Lord's Prayer' and 'The 23d Psalm.' Both of these I expect to approach through reading to the children your booklets *Prayer of Prayers* and *The Song of Life*. When I use the ideas in your booklets to interpret the songs, the children's faces glow as they sing, for the songs mean much more to them than before hearing your splendid interpretations."

*Prayer of Prayers* is Naomi Hale's interpretation of the Lord's Prayer, and *The Song of Life* is by Ernest C. Wilson, who interprets the 23d Psalm.

### Helped by Silent-70

\* From an inmate in a State penal institution comes a letter explaining how copies of *Progress* sent to the prison library by Silent-70 helped him to find out about his true relationship to God. He writes: "It was about three years ago that I first became acquainted with Unity through reading a copy of *Progress*. I paid little attention to it at the time, because I was going through a period of depression and resentment. A few months later I became quite ill, and then it really seemed hopeless. One day I picked up another copy of *Progress*, and then I seemed to find the answer I needed. Since then I have solved all my problems by practicing what I learned about my true relationship to God through reading Unity literature. Where once I had only knowledge I feel that I now have a little wisdom; where I once had a belief I now have Christ! How did it all come about? Unity."

Through the Silent-70 Department Unity publications are distributed free to army camps, libraries, hospitals, prisons, industrial homes, orphanages, homes for the aged, and schools for the blind. The work and ministry of Silent-70 is maintained by loyal friends who send love offerings for this purpose.

### Old Copies of Unity Magazines Help Others

\* Many friends who like to pass along old copies of Unity periodicals tell us that they rewrap the magazines and mail them to persons they wish to help. The postal rate for magazines is one and one-half cents for each two ounces. If you care to pass along your old copies of Unity periodicals, we believe you will welcome this suggestion; for your name need not appear on the wrapper and you can bless silently anyone to whom you send a magazine. Many persons who are more or less difficult to approach personally have accepted Truth in this way and have been blessed by it.



# THE SOCIETY OF SILENT UNITY

THE HEALING DEPARTMENT OF UNITY SCHOOL

## + A Message to You: Stand by Your Decree

*Dear Friend:*

Would you enjoy having your affairs in a healthy state? Would you engage in an occupation or business that is a joy and satisfaction? Would you be truly prosperous so that every day abundance of good is poured into your life and affairs? Would you be forever freed from any thought of inability, failure, lack?

Then this day and every day decree divine prosperity in all your affairs. God has made a decree of life and love, righteousness and abundance "which shall not pass away." His decree never has and never will swerve from the eternal purpose of His Spirit in you, the purpose of eternally establishing you in all good.

"Thou shalt also decree a thing, and it shall be established unto thee: and the light shall shine upon thy ways," as you decree that which is true of God, and that which is true of you, His offspring and heir.

There is no lack in God. There is no lack in all His kingdom. As you grow in grace and in understanding of Truth you will find that there is no lack in you, and there need be no lack in your affairs or world. As you come to know and practice this truth your world will expand and merge with the kingdom of God and all the earth will be prospered and blessed by the abundance of your life.

Today and every day "thou shalt also decree a thing, and it shall be established unto thee."

What happens when lack appears, when business fails, when discord rules and discouragement and unhappiness reign?

Isaiah succinctly answered these questions when he said, "Woe unto them that decree unrighteous decrees."

Too often we associate the word righteous only with the teachings or practices of some church or religion. But the more we dwell on the idea of righteousness the more we feel it refers to the right use made by us of God's life, love, and law of substance. Anything that departs from righteous-

ness brings wrong answers, unhappy results in us and in our affairs so that we cry out, "Woe is me." It is essential to stay with the Truth we know, to hold to it and practice it in thought, word, expectation and deed today and every day.

A mother is teaching her little girl to sew. The child has learned to make

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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."

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quite even stitches, a fairly good seam, a little ruffle. Mother has just cut out a dress for her of bright pretty material, little Ellen watching closely all the while.

"Please, Mother, let me make a dress like mine for my doll," pleads the child. As there is some extra material Mother cuts a little pattern and gives enough of the bright, pretty material to Ellen for the doll's dress, saying, "You cut the material by this pattern, just as I cut your dress, and after lunch I'll show you how to sew."

After lunch Ellen lifts a tear-streaked face and holds a few small pieces of useless material up to Mother. "Why, Ellen, where is all the goods I gave you! What did you do with it?" "Well, Mother, you see," says the little girl, "I changed my mind about the

sleeves, and then I changed the holes to fit the sleeves. I cut, and —and then—" "Yes," says Mother kindly, "and then you wasted all those pretty goods because you didn't stick with the idea you started out with. And your doll will lack a new dress. But this little girl has learned to stay with the thing she starts out to do it is worth more than a whole wardrobe for her doll."

Have you ever planned to do something and with high hopes begun the undertaking? Then something troubled you a bit, and you began to waver about it. You took from the substance of your faith by adding doubt to your faith. You dimmed your hopes by discouragement. You cut your pattern from your shrinking belief in your ability, means, or success. You changed your decree of success and prosperity. One day you were up and the next day you were down. How does such a project usually end?

From His eternal substance of faith, from His eternal purpose of good, God gives you today and every day sufficient material for the demonstration of all good in your life and affairs. Stay with His decree, stand by His decree of righteousness and Truth. Do not let worry or doubt or fear creep into your "material" or change your decree of good, of success, of abundance.

"He hath made a decree which shall not pass away," a decree for your eternal good, and he will stand back of your decree of prosperity, freedom and happiness in Truth that all good will be established in your life, affairs, and expanding world.

*Your acts are wisely planned.*

*Your thoughts are harmonized by Spirit, and good health is thereby founded and sustained.*

*This day and every day you decree divine prosperity in all your affairs.*

*"Thou shalt also decree a thing, and it shall be established unto thee."*

*"And light shall shine upon thy ways," dear friend.*

*Silent Unity*

### Help from Silent Unity

The spiritual ministry of Silent Unity is available to everyone who has faith in the power of God to heal, to prosper, to comfort and to bless.

Address your letter to

SOCIETY OF SILENT UNITY  
917 Tracy, Kansas City 6, Mo.



## The High Watch

### The Master Touch

Life is one energy, but it finds manifold expression according to the individual or personal medium through which it issues into the world that takes cognizance of it through the senses. The beginner in music, the mediocre performer, and the virtuoso or master musician all may use the same instrument, but the effect on the listener is not the same. He is irritated, bored, and transported in turn by the same combination of notes according to the inexperience or the skill and feeling of the performer. The master puts himself into his work and expresses his very soul through his finger tips.

The mind is a much more sensitive medium than sound for the expression of life. By our thought we express ourselves and make our life what we will. John W. Holland, in the *Progressive Farmer*, draws an analogy between music and noise and the harmony or discord that we make of life by our habitual manner of thinking. We quote the *Progressive Farmer*:

An innocent looking piano stood in a parlor. A boy in the family was taking music lessons. The neighbors came and complained of the pandemonium that came from that apartment.

But one day a guest came to visit the family. He was a concert master. In the evening he went to the piano and played one after another of the masterpieces written by Paderewski and other great musicians. The family noticed a little shuffling of feet outside the door. Opening it, they saw a score or more of the people in the apartment house, standing almost breathless, listening to the music.

What was the difference? The piano was the same. The difference lay in the player. Life is like that. Isn't it strange that so many of us get out of life only a rattle and a jangle of inharmonious sounds while others touch life as to call forth most beautiful harmonies?

Nero touched life, and Italy was filled with smoke and corpses. Jesus touched life and the soft music of love for God and love for man that He exemplified has brought "the peace that passeth understanding" into countless lives and hearts. The difference lay in the character of the two men.

But how can we have the harmonious and contented mind? Jesus was pretty clear about this. He said, "A man's life does not consist of the things he possesses." Of a certain man it was said, "He amassed a

great misfortune during his lifetime."

Jesus was also pretty clear in His teaching about goodness. Goodness is to life what harmony is to music. And to achieve this goodness-quality of life here is to win eternal life. . . . The 14th chapter of John . . . has probably produced more singing in the world than anything else ever written. Read it tonight.

### How to Develop Power

Spiritual power comes through prayer faithfully practiced. To "pray without ceasing" is to attain to consciousness of the Christ and know oneness with God. In *National Historical Magazine* Frederick Ward Kates describes prayer as "the great lost art" and shows that through mastery of the regained art we attain to full-grown manhood and womanhood in Christ. We quote:

The heart and soul of religion is revealed in its simplest act—prayer.

Prayer is the source-spring of authority in religion. "The man of prayer is the only one whose opinion is worth having in regard to religion," Sadhu Sundar, the Christian saint of India, reminds us. And prayer is the fountainhead of power in the personal religious life.

One of the noteworthy facts in the history of modern times is a rekindled interest in and a fresh rediscovery of prayer. Magazine articles, an abundance of books on the

subject, the increasing popularity of retreats for laity as well as clergy, the growth and vitality of monastic orders, schools of prayer conducted in parishes usually during Lent—these all bear witness to a current revival of interest in the life of prayer.

But we must add this: for all of the new interest in prayer, there is no particular indication that on the part of most people there is any more praying being done.

The blunt truth is, and most of us will admit it, most people nowadays hardly pray at all, save in moments of great crisis, fearful anxiety, or dire extremity, and then in little more than a patter of words long ago become mechanical and artificial.

For all of our freshly-awakened interest in prayer, it is still, far too truly, "the great lost art." But we shall neglect the practice of prayer, its exercise, at our soul's peril. "To pray is the one thing that even a foolish man can do," Joseph Fort Newton once said, and we add, it is the one wise thing even a foolish man will do.

No longer let prayer and praying be "the great lost art" among us, for by it we shall be fortified for the battle of life, we shall do mighty things in the name of and for the sake of God, and we can be transformed more nearly into the stature of the full man in Christ.

Words are things, and a small drop of ink falling like dew upon a thought produces that which makes thousands, perhaps millions, think.—*Samuel Scovil*.

## Observe Lent the Unity Way

Not self-denial but appropriation of the riches of Spirit—this is the Unity way to observe Lent. When you come to realize that God, Spirit, is the one source of your true good, you have the riches of Spirit and all material blessings, for "all these things shall be added."

### Unity Can Help You

With its carefully prepared and long-successful Lenten program, Unity can help you find a rich blessing in observing Lent this

year, just as it has helped thousands of persons in previous Lenten seasons.

The Unity Lenten program consists of a consecrated study of *TEACH US TO PRAY*, a book written by Charles and Cora Fillmore, who declare that the "resources of Spirit are beyond our highest flights of imagination," and call upon their readers to "praise and give thanks for the now self-manifesting God of abundance fulfilling every desire of your heart." This book tells what prayer is and how to use it effectively.

## You Are Invited to Participate in the Unity Lenten Program Beginning March 6

Unity invites you to observe Lent the Unity way this year. Your part in the program is a consecrated study of *TEACH US TO PRAY*. When you order *TEACH US TO PRAY* we will send you the free study guide *The Unity Lenten Program*, which will help you get the most out of your 40-day consecration period. If you already have a copy of *TEACH US TO PRAY* and do not have a study guide, be sure to write for one. If you have followed the Unity Lenten pro-

gram in previous years will you not again join us in this period of prayerful appropriation of the riches of Spirit.

### Order Early

Lent begins Wednesday, March 6. To make sure you have your copy of *TEACH US TO PRAY* and *The Unity Lenten Program* on hand, order now. In the standard binding, *TEACH US TO PRAY* is priced at \$1; in the de luxe binding, at \$2.

Unity School of Christianity, 917 Tracy, Kansas City 6, Mo.



## Responsive Service

Sunday, February 3, 1946

Unity Subject—*Faith Adds Joy to Living*

INTERNATIONAL SUBJECT—*The Worth of Religious Anniversaries.*—Lev. 20:7-8; 23:4-6, 15, 16, 24, 27, 28, 34, 39-44

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.

7. Sanctify yourselves therefore, and be ye holy; for I am Jehovah your God.

8. And ye shall keep my statutes, and do them: I am Jehovah who sanctifieth you.

4. These are the set feasts of Jehovah, even holy convocations, which ye shall proclaim in their appointed season.

5. In the first month, on the fourteenth day of the month at even, is Jehovah's passover.

6. And on the fifteenth day of the same month is the feast of unleavened bread unto Jehovah: seven days ye shall eat unleavened bread. . . .

15. And ye shall count unto you from the morrow after the sabbath, from the day that ye brought the sheaf of the wave-offering; seven sabbaths shall there be complete:

16. Even unto the morrow after the seventh sabbath shall ye number fifty days; and ye shall offer a new meal-offering unto Jehovah. . . .

24. Speak unto the children of Israel, saying, In the seventh month, on the first day of the month, shall be a solemn rest unto you, a memorial of blowing of trumpets, a holy convocation. . . .

27. Howbeit on the tenth day of this seventh month is the day of atonement: it shall be a holy convocation unto you, and ye shall afflict your souls; and ye shall offer an offering made by fire unto Jehovah.

28. And ye shall do no manner of work in that same day; for it is a day of atonement, to make atonement for you before Jehovah your God. . . .

34. Speak unto the children of Israel, saying, On the fifteenth day of this seventh month is the feast of tabernacles for seven days unto Jehovah. . . .

39. Howbeit on the fifteenth day of the seventh month, when ye have gathered in the fruits of the land, ye shall keep the feast of Jehovah seven days: on the first day shall be a solemn rest, and on the eighth day shall be a solemn rest.

40. And ye shall take on the first day the fruit of goodly trees, branches of palm-trees, and boughs of thick trees, and willows of the brook; and ye shall rejoice before Jehovah your God seven days.

41. And ye shall keep it a feast unto Jehovah seven days in the year: it is a

statute for ever throughout your generations; ye shall keep it in the seventh month.

42. Ye shall dwell in booths seven days; all that are home-born in Israel shall dwell in booths;

43. That your generations may know that I made the children of Israel to dwell in booths, when I brought them out of the land of Egypt: I am Jehovah your God.

44. And Moses declared unto the children of Israel the set feasts of Jehovah.

### Lesson Interpretation

*What is the significance of "sanctification"?*

To us the word signifies complete devotion to the cause of Truth and a consciousness of Truth that is constant and uninterrupted.

*How do we realize such devotion?*

By faithfully identifying ourselves with God through the I AM, the Spirit of God in us.

*Does joy or gladness have a rightful place in the consciousness of the one who is devoted to the divine law?*

Yes. The "joy of the Lord" or the sense of well-being that comes to the one who keeps the divine law is as essential a part of the consciousness of the Christ as is exaltation, awe, or reverence.

*Are set times for rejoicing advisable, or is it better to develop a habit of joyousness and be consistently cheerful?*

The latter practice is the better, for in time joy and gladness thus become part of our consciousness.

*In our communion with nature is faith of practical benefit to us?*

The habit of seeing God in nature and of having faith in God's unfailing power to express the good is an invaluable asset to us. The uplift of spirit that comes to us when we com-

mune with nature harmonizes and increases the physical benefits we receive at such times.

*When does joy contribute nothing of value to life?*

When it is found in material sensuality without thought of God. To find joy in such things is to fail learning to live.

*Of what state of mind and body is joy a natural expression?*

Of a sane mind in a sound body. *What is the metaphysical significance of feasts?*

They signify appropriation or laying hold of divine potentialities. To eat is to appropriate substance, and all substance is in essence spiritual.

*What is the end of all our endeavor to keep the divine law?*

Conscious union with the Spirit of God. Whatever helps to effect this union increases "the joy of the Lord" in the citadel of the inner life.

### To Be Held in the Silence

*Gladness fills my heart as I find thought on the way of life and Truth.*

(The lesson for next Sunday is in Num. 14:11-24.)

## Field Activities

CANOGA PARK, CALIF.—Unity Study Center now located at 6737 De Soto Ave., announces a new class in *What Are You?* held each Wednesday at 2:30 p. m., under the direction of Nance Highnote. Quarters are open daily.

OAKLAND, CALIF.—Lakeside Unity Temple, 1433 Madison St., announces the following activities: Sunday, 9:45 a. m., Youth of Unity Sunday school for adults and children; 11:15 a. m., devotional service. Tuesday, 2 p. m., service. Thursday, 7 p. m., class in *Lessons in Truth*; 8:15 p. m., public lecture. Friday, 2 p. m., class in human relations. Daily noon service. Center open daily, except Saturday. Alma Morse, leader.

HAYWARD, CALIF.—A Unity study class is conducted each Wednesday, at 2 p. m., in Dania Hall, under the auspices of the Lakeside Unity Temple of Oakland.

SAN CARLOS, CALIF.—Also under the auspices of the Lakeside Unity Temple, a class in *Lessons in Truth* is held each Wednesday, at 8 p. m., in 1930 Carmelita.

BOISE, IDAHO—Unity Metaphysical Center, 203 Pinney Bldg., announces the following activities: Sunday, 11 a. m., devotional service. Wednesday, 2:30 p. m., prayer group. Thursday, 7:45 p. m., class in Unity fundamentals. Center open daily, 11 a. m. to 4 p. m. Christopher Scott, leader.

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

BIRMINGHAM, ALA.—February 1, 4, and 8 p. m., and February 3, at 11 a. m., at Birmingham Unity Center, 406 N. 22d St. February 3, at 7:30 p. m., at the Chapel, N. 15th St., under the auspices of the Birmingham Unity Center, for colored students.

ATLANTA, GA.—February 6 and 7 at 8 p. m., at the Atlanta Biltmore Hotel, under the auspices of the Atlanta Unity Center, 160 Peachtree N. W.; and February 7, at 4:30 p. m., at Ashby St. N. W., under the auspices of the Atlanta Unity Center, for colored students.

## Happier Living The Keynote of Progress

"Toward Happier Living" is the dedicatory line of PROGRESS, Unity's colorful, illustrated magazine that invites its readers into its pages and holds their interest by its intriguing true-experience stories. The people in PROGRESS stories face present-day conditions and weather them victoriously by using the Truth they know.

In addition to its stories PROGRESS has many other entertaining and constructive features. Let PROGRESS help you overcome difficulties by showing you the Truth way toward happier living.

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