The New Day

By Julia Winthrop

There is something enchanting about a new day. Whether it begins with promise of a clear sky or is softened by fog and gray clouds, it is new. A new day is a gift of God out of eternity. It is a time for new beginnings, new efforts. Of course we may feel drowsy and reluctant to get up when we wake from a deep sleep in the morning, but even as we yawn in preparation to rising we are conscious of a time for new work, new accomplishment, new endeavor.

Doubtless all of us have heard the contradictory expressions, such as "It is just another day" or "It is the same old grind." "It brings the same old jobs to do over again," says a housekeeper; "dishes to wash three times a day, dusting, cooking, and mending over and over again."

"Rows and rows of figures, stacks and stacks of letters," says the office worker.

"Plowing again, one furrow after another," admits the farmer.

"Reading, writing, and counting day after day," a teacher declares.

So it goes. The businessman, the soldier, the doctor, the mother—no matter who it is or what his work may be, the new day offers him a challenge. It may be accepted cheerfully or without enthusiasm.

It is interesting to note how spiritually inclined persons begin their new day. Some churches hold services for the purpose of beginning the day in a prayerful, worshipful mood. In many schools and colleges young people have their early-morning watch services. Unity students give special attention to the morning period of silence, prayer, and meditation. There is no set way for observing this period, but each has the privilege of observing it in his own way. Many people rise an hour early so as to have the time for their devotions. Others take time out from the schedule of their usual day.

This dedication of the individual to his daily duties in a spirit of reverence helps iron out many wrinkles in the hours that lie ahead. The practice of meditation should not be a strained custom, one that is felt to be irksome. It need not be known to anyone save the worshipper himself, or it may be practiced with others in a group. The practice should by all means be free from the idea of mere form. It should be as free, easy, and natural as washing the face.

The new day of twenty-four hours may be thought of as a symbol of the "new day" that we call an era. The entire world is now facing a new day in this sense, the dawn of which offers the greatest challenge ever presented to mankind. With the global war at an end, the post-war tasks are not to be classed with those of "the same old grind." Never before have tasks such as ours been faced by the world. The problems of international control of great areas, the care of starving hordes of people, the control of the atomic bomb—these matters offer nothing in the way of monotony. All is new, as new as the day, as challenging, as mysterious.

There are times when people do not want to be told what to think, or what to do, or how to do the thing in hand. There are other times when they yearn to be instructed by an unsurpassed authority. Men and women in places of responsibility at the beginning of this new day need to know what is best. Whether they are to be inspired as to what is right, or whether they are to be guided by reason, or by aid of human agencies, or by a combination of all these does...
Dare to Dream!

By Mary Mae Oesch

DARE TO dream! And follow through
To see your dream as real and true.
The voice of vision sings through you,
Your efforts to inspire.

Think your dream! For from your thought
The substance manifests. And nought
Can quench the quickened faith that’s fraught
With Spirit’s life and fire.

Act your dream! Your deeds fulfill
Your prayers. You conquer what you will
And bravely mount the steepest hill
When Godward you aspire.

Live your dream! Success awaits
Your magic touch. And God creates
Through you. Fling wide the golden gates
To the realm of heart’s desire.

routine or repetition. Food must be cooked, whether on the old-fashioned wood stove or on the up-to-date electric range. Laundry work must be done whether by the washboard method or by the magic machines soon to be in many homes. Repetition is not to be ignored, shunned, or despised. There is rhythm in it. We repeatedly breathe, drink, and eat. We enjoy each breath, each sip of water, and each morsel of food without a thought of monotony in breathing, drinking, and eating. Why should we not enjoy our work, even that which has to be done repeatedly, as much as we enjoy repeated breathing, drinking, and eating?

Each new day, whether a period of twenty-four hours or an era, has new things to present to us. The child learns to read, to count, and to perform various activities by putting forth new effort every day. The artist learns to paint by painting daily. The scientist makes great discoveries not by one first great stroke of luck but by repeated efforts. Long before he finds the thing for which he is searching he may find many by-products that prove to be worth while. Each day holds happy surprises for the diligent worker, even though he may not reach his goal.

Whether the new day is the twenty-four hour period or an era, let it be small as well as great, see to it that we do well, that we be not “weary well-doing.” Let us not be too anxious about the outcome of our endeavors. Time passes quickly, but we are the servants of time. Time is God’s gift to us. We have eternity to use. If the earth is beginning to seem too small for human comfort, let us remember that we know people beyond and, knowing them, love them better. We are not as suspicious as we used to be. So let us try to use our days constructively.

A friend told me that at a time when she was going through what seemed to be a perilous period in her spiritual life she was told to accept each day one at a time and to use it as best she could, then at evening go to God and say: “Here, Lord, I give the day you gave me. Bless it.”

I think this is a good method to use in the dawn of this new day of ours. When we see those in high places responsible for making mistakes or moving the mark according to our point of view, let us remember that the era may not be as great as it seems to us. When we too make mistakes, let us use them not as reasons for self-denunciation but as helps in avoiding further errors. Let us bless each new day and accept it lovingly. Let us make it wholeheartedly.

When even comes, let us then take it to God in days and say: “Here, Lord, is the day You gave me in the dawn. Be the efforts I have put forth. For the errors, and teach me how to tomorrow better.” By thus bless and using each twenty-four hour of the era will be better used, and world that has grown small and crowded will be a better, happier place to live in. People will not be “foreigners” good neighbors. Work will not be drudgery but a necessary, honored and dignified activity contributing too good of mankind.

Religion

Religion may be a rule of life, it is far more than that: it is a lived into God in the fulfilling His law, the law of love.—Fayette Drake.
The Wonders of His Love

Three thousand years ago the Psalmist put into words the greatest prayer for divine protection ever written, the 118th Psalm. Its living words of assurance that God is the defense and deliverance of those who put their trust in Him have been proved true times without number.

Those who have dwelt “under the shadow of the Almighty” in the midst of war’s dangers can tell of many remarkable instances of the Father’s loving care. They came safely through the ordeals of the “terror by night” and the “destruction that wasteth at noonday.” Amid the appalling wreckage of exploding bombs, falling masonry, fires raging uncontrolled, they remained serene, knowing that under God’s promise “it shall not come nigh thee.” Their faith has been beautifully rewarded.

Striking proof of God’s protection in wartime is given in a report received from LeRoy Parker Drake, leader of Unity-London, from which we summarize the following paragraphs.

In the early days of World War II the workers in the Unity centers in London—Unity Works under the leadership of Mr. Drake and the Earls Court Unity Society under the leadership of Ruth Hacking—realized the extent of the great crisis. They began to declare their faith in God as their divine protector and guide. Daily they realized that through Him they were given dominion over all things, and as those went on their faith grew into the certainty that He would protect and uphold them.

Unity Works was located in London approximately half a mile from Saint Paul’s Cathedral, in the district that includes Saint Bartholomew’s Hospital, the London General Post Office, and Westminster Abbey. In the terrific bombing raids that resulted in the destruction of practically this entire sector by blasting and fire, the building occupied by Unity Works remained undamaged, the only building to stand whole in a radius of several blocks. Once a fragment of a paving block blown from a nearby street fell on the roof and cracked two of the slates, and on another occasion the explosion of a bomb in the street caused a few panes of glass to fall out. Throughout the worst of the days and nights of incessant bombing Unity Works proved to be an oasis of safety and protection amid general destruction.

One morning the workers arrived to find the street approaches roped off by the police. A huge bomb had fallen in the Cadby Hall Packing Company’s premises across the road, but had not exploded. While the bomb disposal squads worked to neutralize and remove it, the workers took their typewriters, books, and correspondence into a convenient underground air-raid shelter, where they continued their ministry without interruption.

Eventually the weekly devotional meetings and classes had to be discontinued owing to the difficulties of public travel in the blackout. The Earls Court Unity Society maintained two classes a week through 1940 and up into the 1941 “blitzes.” Only after students attending the classes had twice been compelled by all-night air raids to remain in the premises until morning did the leaders decide to suspend the classes.

Because of the heavy damage and almost complete destruction of the buildings in the locality where Unity Works was situated, the leaders decided to move their headquarters to a more accessible place. The new location selected was in the west end of London, along the north side of Hyde Park, opposite Kensington Gardens, approximately halfway between Marble Arch on the east and Queen’s Way on the west. In September, 1943, the Unity center moved into its new home, called “Unity House.” Through the omnipotence of Spirit furniture, carpets, fixtures, and all other necessities that were considered unprocureable became available as needed. As the spiritual needs of the people of London grew, the center began a twenty-four-hour-a-day healing ministry, which still continues.

The miraculous protection experienced in the former location the workers continued to experience in Unity House. Not one of the workers, some of whom lived a considerable distance away and in districts that were heavily bombed, was injured. Many bombs fell in Hyde Park, where for the most part they did relatively little damage. During one raid of exceptional severity a heavy bomb fell near the northern boundary of the park, shattering the windows of all the houses from Queen’s Way eastward for half a mile to Unity House, with the exception of those in one house in which one of the center workers lived.

On another occasion heavy bombs were dropped near Marble Arch, and all the windows in buildings in the area were shattered for a distance of approximately half a mile, with the exception of those in Unity House. In none of the air raids, which were of almost nightly occurrence, was Unity House damaged in any way, nor was the building in which any of the workers lived. With the exception of these two, all the houses facing Hyde Park for half a mile on each side of Unity House were more or less damaged. But soon the Spirit of protection spread its wings over this area, and from then until the end of the war, not a single bomb fell in it, although many fell in the vicinity.

When the V-1 flying bombs began to cause widespread destruction, not one fell near Unity House. One morning two of the workers were walking in the park when they heard the buzz of a bomb approaching. They quickly dived into a near-by slit trench, but the bomb exploded while still high in the air, and no one was injured, nor was any damage done.

One Unity worker customarily rode a certain train to Farrington Station on Thursday mornings, arriving at 10:30 o’clock. From thence he walked to Smithfield Market to do his weekly shopping, arriving there at eleven o’clock. One Thursday morning he was delayed a few minutes, but caught the next train, seven minutes later than usual. At exactly eleven o’clock on that Thursday morning a V-2 bomb fell on the section of the market where he did his shopping, completely destroying it. He arrived just after the explosion, to find that notwithstanding the destruction none of the tradesmen with whom he dealt had been injured except for slight cuts and bruises.

In telling of these experiences, Mr. Drake says: “All through life each one of us can find countless incidents wherein the desired objectives transpire.

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Things to Be Remembered

By Lowell Fillmore

* Keeping the High Watch

REMEMBER that it pays to keep a high spiritual goal in view so clearly that it cannot be obscured by little clouds of disappointment. On your way to the attainment of the heights do not allow little setbacks to blur your vision or to turn you aside. If you believe that God created you a perfect spiritual being in His own image and likeness be steadfast in keeping this ideal in mind, and do not ever consider yourself a poor worm of the dust just because you may have to crawl over some earthly obstacle in your path. Stick faithfully to your course in following your ideal of spiritual perfection as a mariner follows his compass. He may not be able to see the shore line now, but he knows that by following the course he will arrive at that shore. You have caught the vision of God's perfect spiritual creation, and you have declared in your affirmation that you and your affairs are in divine order. Therefore stick to this course. Do not let your faith be dimmed by adverse appearances. Maintain your poise by remaining steadfast and faithful to your vision. We cannot grow beyond our vision.

To prove your faith in God's perfect idea you must be tolerant, loving, and forgiving. God's man is masterful; he controls his soul and does not allow mere outside things to affect the poise within him. Holding steadily to his vision of Christ perfection within he maintains his poise, his serenity, and his masterful faith.

Did you ever notice how your first thoughts of spring come soon after the beginning of a new year, when seed catalogues make their appearance with their pictures of gorgeous flowers and luscious vegetables? Even though snow covers the ground outside you realize that after a certain number of days have passed spring will be here, and you are so sure of it that you buy seeds to plant. In our vicinity spring comes early in April, and those who live here can be certain on the first day of the year that in ninety days' time the danger of frost will be past and spring will be here. In this hope we were on New Year's Eve, but the fact is that the weather is colder now than it was on that date.

We do not wonder because of the setback if our faith was unfounded concerning the coming of spring. We just keep on working and planning for we know that spring will be here at the right time. But if we try to figure that spring must come along an orderly way, the temperature going a little warmer each day, we shall be disappointed, for the weather may turn cold and then warm several times before spring actually arrives.

Farmers do not lose faith in coming of spring because the weather grows fickle as spring approaches. Neither should we be upset or our faith in the attainment of the perfect ideal that God has set before us when we seem to fail in some day along the way of attainment. We must judge our progress by appearances but must keep our eyes fixed on God, high Truth and His promises, remembering Jesus's words of encouragement: "Is it not written in your law, 'I said, ye are gods?' and 'Ye shall be perfect, as your heavenly Father is perfect.'"

Perfection is our goal and little hicks along the way should not keep us from maintaining our high view of that goal nor disturb our peace of mind, for in proportion to the clarity and steadfastness of our vision we shall attain our goal and enjoy our true birthright.

Suggestions for Daily Meditation

Sunday. Even though harmony may not seem to be established in all my affairs at this moment I am not discouraged or afraid, because I know that my ever-present Father-God is with me, helping me to solve every problem correctly.

Monday. No adverse experience can affect God's eternal goodness operating in me and mine.

Tuesday. Abiding in the consciousness of the presence of God, I am master of my soul and of all my affairs.

Wednesday. Since every soul must eventually achieve perfection, why should I wait a thousand years to find my good? God's goodness for me is as real now as it ever will be.

Thursday. A few flakes of snow in late spring cannot stop its coming; neither can a few adverse experiences keep God's kingdom from coming into my life.

Friday. "Faith is the substance of things hoped for," therefore I shall be rich in faith in God.

Saturday. Dear God, please help me to understand the blessed promise: "Ye... shall be perfect, as your heavenly Father is perfect."

The Wonders of His Love

(Continued from page 3)

they buy seeds and make plans for gardens.

The days begin gradually to grow longer and we realize that each passing day brings us nearer to springtime. But we are not unduly upset, nor do we lose our faith in spring if, after a spell of nice weather in January or February, the temperature tumbles down and winter comes back again. Suppose it is now the 10th of January; we are ten days closer to spring than and then are quickly forgotten. They contribute little or nothing to our capacity for belief. But these want experiences were treated differently. Instinctively and by mutual consent we slipped into the habit of believing each deliverance to have been a miracle immediately after it occurred as quite sufficient reason to expect equal deliverance when next the same arose. Thus was faith fortified by signs.

With those who have passed through the ordeal of war and the striction let us rejoice in the fact that "Jehovah's hand is not shorter than it cannot save." "His truth is a shield and a buckler" not only in battle but in every time of trouble.
THE SOCIETY OF SILENT UNITY
THE HEALING DEPARTMENT OF UNITY SCHOOL

A Message to You:
Here Now!

God’s Child of Health:
The same Spirit of life that proclaimed health for all through the living words of David when he said, "Why art thou cast down, O my soul? and why art thou disquieted within me? hope in God: for I shall yet praise him, who is the health of my countenance, and my God," is here now. The selfsame Spirit of life is in you, the health of your countenance, and your God.

David was keenly aware of the Spirit of life that breathes in the word of God, the selfsame Spirit of life that quickened Jesus when He sent His word to heal the centurion's servant. David bore witness to the healing power in God's word of Truth when he proclaimed, "They cry unto the Lord in their trouble, and He saveth them out of their distresses. He sent his word, and healed them, and delivered them from their destructions." Jesus verified the healing power of the life-quicken ing word of Truth when He sent forth His word to heal. This selfsame healing Spirit, cloaked in the word of Truth, is here now. Through your prayers, through the prayers of Silent Unity, through the word and the faith of all who seek divine healing and help, it goes forth to heal.

We may say that all of the physical difficulties and miseries that cause untold suffering come from the lack of spiritual exercise of the healing word of Truth.

Take care of your health, dear friend, and appreciate it. A sound faith, a workable faith based on the teaching of Truth as presented by Jesus Christ, neglects neither the things nor the thoughts that tend toward soundness of mind and health of body.

There is no need for sickness. It can be eliminated by the living word of Truth practiced hourly, sent forth in the light, love, faith, power, and wisdom of the Christ Spirit, which worked through Jesus, and which now and here works through you. The same Spirit that performed miracles of healing through Jesus is here now restoring multitudes to harmony and health. We say this without reservation, for every day brings us letters telling of healings that are taking place through the power of the living restorative word sent forth in the Spirit of the living Christ.

Daily at 11 a. m., join us in this thought for spiritual illumination:
The light within me is Spirit, my understanding is quickened, and I know the Truth.

At high noon each day concentrate your attention on this thought for prosperity:
The Spirit that transformed substance for Jesus is now transforming it for me, and I am prospered.

At nine each night let us acknowledge the healing power of Spirit with this prayer:
The same Spirit that performed miracles of healing through Jesus is here restoring me to harmony and health.

Every day Silent Unity sends out letters to those who request help through prayer, assuring them that the same Spirit that performed miracles of healing through Jesus is here now, restoring multitudes to harmony and health.

Sometimes it is good and very helpful to have some concrete reminder of the greater works being done by the healing Christ here and now. As you answer your postman's ring at your door, or see him trudging cheerily along the street with his bag of mail swinging from his shoulder, as you dash out to your mail box or see the rural mail delivery car passing along the road, as you handle the mail coming into the business concern where you are employed, in whatever way you handle letters you may know that in all probability the letter in your hand somewhere along the line has touched a letter concerning the healing help of Jesus Christ.

Mail bags have always quickened a certain thrill of spiritual joy in the writer of this message to you. One day when she was seeking help for a very sick and a very lovable patient she intercepted the mail man on his way up the path to the door, so eager was she to receive word from Silent Unity in answer to a request for prayers. What then was her delight when the carrier handed her a letter and magazine and asked, "Say, can you tell me why my bag seems lighter when it contains mail from this publishing house?"

Wondrous, uplifting, strengthening Spirit of Jesus Christ! Wondrous power of His living word helping all freely here and now!

The same Spirit that performed miracles of healing through Jesus is here restoring you to harmony and health.

You who seek healing for yourself or for loved ones, these words are living Truth, and you can prove them. You can quicken your receptivity to the Truth they bear by acknowledging the restorative power of the healing Christ working for you, in you, through you here and now.

"The same Spirit that performed miracles of healing through Jesus is here restoring me to harmony and health."

Let your faith now bar the way to any continuation of discord, doubt, disbelief, or putting off of the healing work of Jesus Christ in your mind, body, affairs, or world.

Yes, dear friend, the healing works of Jesus Christ extend into every phase of your existence that has to do with your complete and perfect expression of the peace that passes understanding, the love that never fails, the light that never dims, the joy that never decreases, the life that never dies, grows weary, weak, or old.

"The Lord shall arise upon thee, and his glory shall be seen upon thee." Praise His holy name!

Silent Unity

Silent Unity Healing
When writing Silent Unity for help, be sure to give your full name and address. Address your request to

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

Safely through Danger
Dear Silent Unity: I am writing to thank you for your help during the years of the war, and for your prayers for my four sons who were in the service. All four have come through safely and have been taken care of in the most marvelous way.

One boy, a posthumous child in the army air corps, was shot down over Formosa, and had to bail out over the China Sea. When he jumped, he was struck by the horizontal stabilizer of the plane and was knocked unconscious. When he regained consciousness he was nearly at the water, but his finger was through the ring of his rifle and he had pulled it. He was picked up immediately by a submarine, and was with it nearly a month. When it finally came into port, the submarine tied up only a few yards from his brother’s ship, so that they were able to see each other for the first time in three years.

R—, my youngest son, joined the navy immediately after war was declared, and much of his training has been spent overseas. He was in the amphibious forces the first time over, and out of his division of one hundred and forty men and three officers only sixteen came through alive, and only six were whole. R— came through safely, with only minor injuries.

There have been many wonderful instances when the boys were cared for in an almost miraculous way. We are so thankful for God’s mercy.

I am very grateful for the Unity publications, especially Daily Word. They have been such a helpful gift. I am including a love offering.—D. D. J.

Healed of Anemia
Dear Silent Unity: When I first wrote to you last spring I was in a complete nervous collapse following the sudden death of a beloved member of the family. At the time I was and had been for four years under constant treatment for pernicious anemia and an enlarging thyroid. My only children, two sons, were both in very dangerous places in the service of our country. (One was a pilot in the air force and one a sailor on a submarine.) Afflicted with deep anxiety for my sons and knowing that I had a so-called incurable disease, also facing a possible operation for thyroid, I am sure you can well appreciate the effect this sudden and unbelievable death of one so apparently healthy would have on me, and so I was hospitalized.

At this critical time a devoted friend introduced me to Unity through H. Emilie Cadby’s book Lessons in Truth. It proved to be just that. It was the beginning of the answer to all my unanswered questions, and ultimately the healing of my broken body.

You will rejoice with me, I know, to learn that I now do not have pernicious anemia (much to my physician’s astonish-

ment). Treatments have been discontinued for the past five months, and while the outward appearance of the thyroid trouble has not changed perceptibly, I have found I do not need added thyroid extract for energy. Learning that God and He alone is my strength and my health has brought increasing energy each morning and a feeling that I have been enabled to help my loved ones once again instead of being a burden to them.

I realize this is a long letter, but I feel you will want to rejoice with me at the answer to our prayers, for I know this could not have been accomplished had it not been for those added prayers of Silent Unity. My heartfelt love and appreciation go out to you, and my blessing goes to you for your wonderful work of healing in mind and body and your teaching of spiritual understanding. God blesses you, I know.—O. E. S.

Close to the Father
Dear Daily Word: I believe it was in February, 1943, that I asked you to send Daily Word to O— and D—, both in overseas service at that time. Your reply stated that you could not send them Daily Word on account of government regulations unless they requested you to send it. Both of these young men have just recently returned and both say they received Daily Word regularly, so you did get it through to them, and I thank you in their behalf.

D— is here with us again, and O— is with his sister at C—. Both of these men saw over three years’ service in New Guinea and the Philippines, but went through it all without a scratch. They left as boys, and returned as reliant, reliable men, sound in mind and body. What they went through has not hardened or spoiled them, but they are kinder, more thoughtful for the good of others, better in every way.

I know that they felt and still feel the closeness of the Father more than they did before. I thank you for your prayers and help for them during these years they have gone through.—M. K. E.

The High Watch
Happiness a Product of Right Living
Since life, liberty, and the pursuit of happiness are our inalienable rights and the goal of our chief endeavor, it is well for us to consider what gives the greatest measure of happiness, that we may know how best to pursue and to rest content, once we have found it. In the New York Times writer of “Topics of the Times” discovered for us some pertinent facts of this pursuit. We quote:

We have a curious condition in the world today: there was never a time when much official effort was being expended to produce happiness, and probably never a time when so little attention was paid to the individual to creating the personal qualities that make for it.

When we speak of official efforts, we have in mind, of course, world conferences such as the one just concluded in Moscow, the setting up of UNO, and the many social measures effectuated by government in recent years. What aim can this or any other official effort have, in the sense of “the greatest happiness of the greatest number,” when the Oxford Dictionary painstakingly tries to teach us that happiness is a by-product of a well-rounded life? And even if it were possible, the official effort would fail, for we are not alone in our quest for happiness.

One so often finds the child helping the adult rediscover old truths. Consider the Mackenzie in today’s Times Magazine reports the recent efforts of a group of high school boys and girls who were asked to check off an assortment of suggested ingredients of happiness. A majority put love high on the list, and only four per cent named “to make a lot of money” as their major aim. Actually there were forty-four per cent out of 97,174 high school students who voted “to live a simple but serene and happy life without making a lot of money or becoming famous,” in this credulity which results were announced several days ago. This is encouraging news to our American youth. But we have the adults to worry about.

What one misses most today is the dence of widespread personal determination to develop a character that will in itself give any reasonable odds, make for happiness. Our whole emphasis is on the form of living conditions, of increases, of controls on the economic structure, better housing—the governmental thing—and so little on man himself.

Now happiness may be defined as the attainment of mind based on satisfaction.

(Continued on page 8)
Responsive Service

Sunday, March 24, 1946

Unity Subject—How to Realize Unity

INTERNATIONAL SUBJECT—Forces That Unify a Nation—I Sam. 7:1-8, 13-15

The ark is a symbol of the presence of God, the divine spark at the center of our being. Kiriath-jearim (“city of forests”) symbolizes a nerve center with its associated impulses and thoughts. The bringing of the ark to this place represents the vitalizing of our thoughts with the divine spark of inspiration.

What is the significance of the struggle between the Children of Israel and the Philistines?

The former represent the realities of life, the latter the unrealities of sense. The two are continually opposed to each other, and the realities of life are kept uppermost in mind only when the mind gives undivided allegiance to the divine.

In this lesson what does Samuel represent?

He represents the inner spiritual perception or spiritual discrimination that leads us to cast off the spell of sense consciousness and be permanently free.

How does one cast off the spell of sense consciousness?

Three steps are necessary: first, putting away the false gods, the Baalim and the Ashtartoth, the types of power that are foreign to Spirit; secondly, concentrating one’s powers on the development of the inner life from the high plane of Spirit; and thirdly, conforming one’s action to one’s thinking.

What is signified by the gathering of all Israel to Mizpah?

Mizpah means “spiritual watching.” The gathering of all Israel to Mizpah represents the concentration of Truth thoughts in the mind.

What law of mind action is illustrated by the Philistines attacking the Children of Israel at Mizpah?

When the Children of Israel (spiritual thoughts) determined to be loyal to Jehovah (to make a stand for Truth) they had to meet the onslaught of the Philistines (sense consciousness).

The children of Israel importuned Samuel not to cease crying to Jehovah to deliver them from the Philistines. Explain.

In time of trouble the religious thoughts of man (Children of Israel) seek the aid of spiritual perception (Samuel) in making contact with Divine Mind through prayer, from which all deliverance comes.

What is signified by the subduing of the Philistines and the fact that the cities that they had taken were restored to Israel?

When the sense consciousness is wholly subdued by the spiritual consciousness, all the thought activities formerly dominated by sense come under the dominion of the spiritual nature, and there is peace in heart and mind.

How is permanent freedom from sense consciousness realized?

By developing spiritual discrimination and letting it direct us in regulating the affairs of everyday life.

To Be Held in the Silence

To be one with Divine Mind is my desire and aspiration, and I keep my attention fixed on that goal.

(The lesson for next Sunday is from I Sam. 8:10-22.)

Unity Training School Begins

1946 Season

April 29 is the opening date of the first of five terms at the Unity Training School this season. The schedule for these five terms of four weeks each is as follows:

First term, April 29 to May 24; second term, May 27 to June 21; third term, July 8 to August 2; fourth term, August 12 to September 6; fifth term, September 16 to October 11.

The first term includes a class in the basic principles of Truth taught by Charles and Cora Fillmore. The second term will include special advanced classes for third- and fourth-year students, teachers, and center leaders. In the interval between the second and third terms the facilities of the school are given over to the Unity Annual Conference of Unity ministers and teachers, June 24 to 28 inclusive; and to the Youth of Unity Conference, June 30 to July 5 inclusive.

If you are interested in carefully planned Truth instruction by experienced teachers and outstanding metaphysicians, you are invited to write for complete information about the Unity Training School and living accommodations at Unity Farm.

Address your inquiry to

UNITY TRAINING SCHOOL
Lee’s Summit, Mo.

Unity Training School

Lesson Interpretation

What is symbolized by the return of the ark of Jehovah from the land of the Philistines to Kiriath-jearim?

Unity Is Impersonal

The success of teachers and leaders lies in their being able and willing to bear witness to the Christ ideas active in the consciousness of those whom the Father draws to them, and not in their telling what they personally can do or have done.

—Myrtle Fillmore.
The High Watch

(Continued from page 6)

with one's circumstances. Obviously if we were always satisfied with conditions as they were, there would be no improvement that came of man's efforts. But there must be a middle ground where one takes pleasure in what blessings he has, and does not make himself too unhappy by reflecting on improvements to come tomorrow.

The ingredients of happiness are so simple that they can be counted on one hand. First of all, happiness must be shared. Selfishness is its enemy; to make another happy is to be happy one's self. It is quiet, seldom found for long in crowds, most easily won in moments of solitude and reflection. It comes from within, and rests most securely on simple goodness and clear conscience. Religion may not be essential to it, but no one is known to have gained it without a philosophy resting on ethical principles.

It cannot be bought; indeed money, strange as it may seem, has very little to do with it. It was Thomas à Kempis who wisely said that "a modest competence sufficeth."

No one is happy unless he is reasonably well satisfied with himself, so that the quest for tranquillity must of necessity begin with self-examination. We shall not often be content with what we discover in this scrutiny. There is so much to do, and so little done. Upon this searching self-analysis, however, depends the discovery of those qualities that make each man unique, and whose development alone can bring satisfaction.

Of all those who have tried, down the ages, to outline a program for happiness, few have succeeded so well as William Henry Channing, a clergyman who was chaplain to our Senate in the middle of the last century:

"To live content with small means; to seek elegance rather than luxury, and refinement rather than fashion; to be worthy, not respectable, and wealthy, not rich; to study hard, think quietly, talk gently, act frankly; to listen to the stars and birds, to babes and sages, with open heart; to bear all cheerfully, do all bravely, avoid occasions, hurry never; in a word to let the spiritual, unburden and unconscious, grow up through the common."

It will be noted that no government can do this for you; you must do it for yourself.

It is better to be than to seem. To live honestly and deal justly is the meat of the whole matter.—Socrates.

"Behold, the Lord thy God hath set the land before thee: go up and possess it."

God is setting the "land" before you today—all the good things that are needed to make your life happy, successful and complete, and He is saying "go up and possess it."

For many years the Prosperity Bank plan has helped thousands of people to "possess" the good they are seeking; has taught them the true way to prosperity and success. This is not a miracle but the divinely natural result of knowing how to turn to God in faith; how to claim through prayer and right action your supply; your peace of mind; the right answer to your problems. Silent Unity will be praying with you each day you use the Bank drill.

In addition the Bank plan gives you an opportunity to possess your good by ordering a WEEKLY UNITY subscription for yourself and also to share your good by giving subscriptions of this periodical to others. Through giving you open the way for greater prosperity to manifest in your life and affairs.

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

Please send me a Prosperity Bank and ask Silent Unity to pray with me for my success. I will use the drill seven weeks and save $3 for the three Weekly Unity subscriptions (one year each) here listed, the subscriptions to begin at once.

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"This Is the Day"

"This is the day which the Lord hath made."

We will rejoice and be glad in it.

We will face this day calmly and unaffected.

And live to the full each minute.

Whatever blessings this day may bring.

With our neighbors we will share.

We will lift our eyes to the hilltops singing.

For we shall find strength and wisdom there.

We shall find joy in each little thing.

The sun slanting across a clean kitchen floor,

A rippling brook, a bird on the way.

And children's gay voices outside the door.

We will begin this day with a song.

And a prayer for God's loving aid.

To make each minute of this day will be a joy.

For "this is the day which the Lord hath made."

—Rachel Sheets Long

Field Activities

BOSTON, MASS.—Unity Center, Rms. 409
Copley Square Bldg., 50 Huntington Ave., sponsors the following activities: Sundays, 9 a.m., devotional service. (This service is in the Huntington Chambers Hall, Copley Square Bldg. All other services are conducted in center quarters.) Tuesday, 2 p.m. and 8 p.m., class in God Is the Answer. Thursday, 8 p.m., class in Unity fundamentals. Daily noon spiritual Center open daily, except Saturday, 10 a.m. to 4 p.m. John Lee Baughman, leader.

WORCESTER, MASS.—Unity Center, 544 St., announces the following activities: Monday, 9 a.m., class in Living with God on Wednesday, 1:45 p.m. Ada E. Titus, leader. Mrs. Titus also conducts classes in fundamentals and Bible interpretation. Tuesdays...

BELMONT, MASS.—Friday, at 2 p.m., at the Church of the Good Shepherd, 75 Cushing Ave.

BEVERLY, MASS.—Wednesday, at 7:45 p.m., at 3 Thorndike St.

MALDEN, MASS.—Thursday, at 2:30 p.m., at the Y. W. C. A., 54 Washington St.

ELIZABETH SAND TURNER, Unity league lecturer, and teacher will speak as follows:

BUFFALO, N. Y.—March 26 and 27, at the Unity Center of Practical Christianity, 271 Delaware Ave.

TORONTO, ONT., CANADA—March 29, p.m., at the Unity Church of Truth, 2249 Yonge St., and March 31, at 7-30 p.m., at the Masonic Temple Auditorium, 5 Eglington E. under the auspices of the Unity Church of Truth.

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

ASHVILLE, N. C.—March 25, at 8 p.m., at the Unity Center of Asheville, Battery Hotel, and March 24, at 4 p.m., at the P. W. B. Y. Branch Y. W. C. A. under the auspices of the Unity Center of Asheville.

HUNTINGTON, W. VA.—March 28, at 8 p.m., at the Governor Cabell Hotel, under the auspices of the Huntington Unity Truth Club.

501-03 Lewis Arcade.

CHARLESTON, W. VA.—March 29, at 8 p.m., at the Charleston Unity Class, Daniel I. Hotel.